

Bodhi Tree

BOOKSTORE



ISSUE NUMBER 12

SUMMER 1995

*25th
Anniversary
Edition*

Evelyne Blau
Krishnamurti 100 years

Sharon Salzberg
Lovingkindness

and

Joseph Goldstein
Insight Meditation

Carlos Warter
Recovery of the Sacred

THE QUARTERLY BOOKSTORE BY MAIL

8585 Melrose Avenue, West Hollywood, California 90069-5199 • 1-800-825-9798 (outside L.A. County) 310-659-1733

EVENTS

COMING TO THE BODHI TREE

Author Presentations

A monthly event listing is available at our store. If you would like to receive a copy, or be placed on our events mailing list, please write to us or call. We schedule presentations all the time, and many do not make it on to this list.

All author presentations are free.

Each featured book is available at a special discounted price (about 20%).

If you are unable to attend one of our events, you are welcome to reserve an autographed copy in advance.

JUNE

Will Glennon

Fathering

Strengthening Connection With Your Children Wherever You Are

Wednesday, June 14, 7.30 pm. — The creator of the *Random Acts of Kindness* series passes on specific and pragmatic ways fathers can build powerful bonds with their children, despite the challenges of long work hours, travel or divorce.

Mary K. Greer

Women Of The Golden Dawn

Rebels And Priestesses

Thursday, June 15, 7.30 pm. — Greer introduces Maud Gonne, Moina Bergson Mathers, Annie Horniman and Florence Farr, key members of the *Hermetic Order of the Golden Dawn*, who instructed their men: Nobel laureates George Bernard Shaw, William Butler Yeats, philosopher Henri Bergson and Sean Macbride.

Stevhan Caldwell & Cailen Richardson

Insights

An Adventure To Inner-Happiness

Friday, June 16, 7.30 pm. — Caldwell and Richardson introduce an illuminating journey workbook which reveals why relationships end in power struggles. Central to their plan for renewal are eight principles of a spirituality-centered alliance.

Evelyn Blau

Krishnamurti: One Hundred Years

Saturday, June 17, 7.00 - 9.00 pm. — To celebrate the Centenary of Krishnamurti's birth, a key Trustee of the *Krishnamurti Foundation* will introduce and read from her book published in honor of the occasion. See feature in this issue and *Workshops* for other events.

Dr. Nevit Oguz Ergin

Magnificent One

Selected New Verses From Divani-i Kebir Mevlana Jalaluddin Rumi

Sunday, June 18, 7.30 pm. — Each year more people find in Rumi—the world's most celebrated mystic poet—a powerful antidote to the spiritually suffocating conditions of modern life. Dr. Ergin has been a student of Rumi since 1956.

Dr. Pat Allen

Getting To I Do

The Secret To Doing Relationships Right

Thursday, June 22, 7.30 pm. — "The woman's movement brought us independence, but it did not bring us love." Pat Allen's seminars have resulted in over two thousand marriages. Come discover her program for making relationships work.

JULY

Dr. Susan Gregg

Finding The Sacred Self

A Shamanic Workbook

Sunday, July 9, 4.00 pm. — Finding and living from your sacred self is a profound act that can change the world. Here the author of *The Dance of Power* shares ways of connecting with the sacred self which she learned from the shamans.

Bolleruth Naparstek

Staying Well with Guided Imagery

Wednesday, July 12, 7.30 pm. — Naparstek is a clinical social worker, a psychotherapist, and is recognized nationally as a dynamic, stimulating pioneer in her field. Besides her book, she is also creator of numerous guided imagery tapes.

Carol Pearson

Magic at Work

A Guide to Releasing Your Highest Creative Powers

Friday, July 14, 7.30 pm. — Pearson covers the

lore and habits of great magicians—like Merlin, Perseval and others from King Arthur's court, in a primer for everyone who faces seemingly unsolvable problems in the workplace.

Dr. Deepak Chopra

The Return Of Merlin

Monday, July 17, 7.30 pm. — Deepak Chopra's wisdom comes to life in his first novel, based on a rebirth in Camelot. Here peace is cloaked behind infinite masks of change, and transforming miracles happen with a mere shift in our perceptions.

Kisma Stepanich

Faery Wicca Book One

Theory & Magick: A Book Of Shadows And Lights

Saturday, July 22, 4.00 pm. — Kisma's is the first study of Irish Faery Wicca and offers a thorough apprenticeship in the beliefs, history and practice of this rich and fulfilling tradition. She also includes a variety of magickal applications.

Broughton Coburn

Aama in America

A Pilgrimage of the Heart

Monday, July 24, 7.30 pm. — Broughton Coburn introduces the chronicle of an eighty-four-year-old Himalayan woman's pilgrimage to America—prescribed for her by village priests as an opportunity to gain merit during the end of her life.

AUGUST

Bob Kinder

Jai Ma Music

Saturday, August 5, 7.30 pm. — Babaji Bob Kinder and his group perform sacred Hindu devotional music selected from their seven albums. Kinder is a classical cellist, a student of Yoga and a teacher for Sarada Ramakrishna Vivekandanda.

Judith Bell & Daniel Ellenberg

Lovers for Life

Creating Lasting Passion, Trust & True Partnership

Friday, August 11, 7.30 pm. — Two relationship counselors inspire and challenge us to try new, powerful ways of relating. Their book addresses the inevitable challenges in partnerships, but also points the way to ecstatic & powerful unions.

WORKSHOPS

COMING TO THE BODHI TREE ANNEX

MOST WORKSHOP EVENTS HAVE AN
ENTRANCE FEE. PLEASE REFER TO THE TEXT.

JUNE

Mark Bryan

The Artist's Way Workshop

12 consecutive Tuesdays 6.30-9.30 pm

beginning May 23, ending August 8, 1995

\$360.00. For information (505) 820-7061

The Artist's Way presents an exciting method

for aspiring artists and blocked professionals to recover their creativity from everything that inhibits the creative process. Mark Bryan developed the program with Julia Cameron, who authored the book.

Dr. James Wanless

The Voyager Tarot Certification Course

Dr. Wanless's course is based on the ever-popular Voyager Tarot.

Friday, June 9, 7-10 pm — Natural Tarot for Creative Intuition; StarPath Growth Reading.

Saturday, June 10, 10-5 pm. — Ritual Practice; Question and Answers, Decisions, Hero's Journey.

Sunday, June 11, 10-6 pm. — Relationships; Business; Whole Self Mandala; Marketing Yourself.

\$250 for the entire course. For information call (714) 497-5176

Daniel Hernandez

Dance of the Planets and Stories of the Summer Solstice

Wednesday, June 21, 7.30-9.30 pm.

\$10.00. For information (310) 657-4903

Hernandez is a member of the A.F.A., and the I.S.A.R. and is a busy consultant. He will discuss the natural cycles of the stars, how they affect us, and the significance of the solstice in all cultures. Bring your charts—Daniel will answer all questions regarding your personal horoscope.

JULY

Yudhishtara

Friday, July 7, 7.30-9.30 pm.

Friday, July 21, 7.30-9.30 pm.

Free. For information (310) 828-7950

The Enlightened Master Poonjaji gifts us with Satsang via his beloved son, Yudhishtara. His message is simple: Awakening is possible for every being regardless of background, practice or personal circumstance.

Voxx Voltaire

The Intuitive Foundations of Tarot

Saturday, July 8, 4-7 pm.

\$25.00. For information (213) 882-4162

Voxx is a popular local psychic and regular media guest, as well as an established teacher in the metaphysical arts. She will teach ways to read the cards, including how astrology and numerology affect the Tarot.

Krishnamurti Foundation

A series of meetings

Saturday, July 15, 7-9.30 pm.

Free. For information (805) 646 2726

In honor of the 100th anniversary of his birth, video and dialogue meetings will be held by the Krishnamurti Foundation on the third Saturday of each month for the remainder of 1995.

Charles Prosper

Creative Dreaming

Sunday, July 23, 2-5 pm.

\$30.00. For information (213) 662-7481

You can tackle your most taxing daytime dilemmas by tapping into an infinite storehouse of solutions through your power of creative dreaming. Learn to be in complete control of your dreaming experience.

Ada Marie

Spirits: How to Contact, Identify & Communicate with Them.

Wednesday, July 26, 7.30-9.30 pm.

\$35. For information (818) 896-2289

With mystic Ada Marie, you learn techniques that insure safe contact, positive identification and ongoing communication with your spirit guides, spirit friends, and relatives.

Steve Sadler

The Calling

Friday, July 28, 7-9 pm.

Saturday, July 29, 10 am-6 pm.

Friday Free. Saturday \$150.00.

Contact (714) 491-3356

As a book or a workshop, *The Calling* helps the participant to connect with that part of themselves that knows who they are and why they were born so that they may consciously fulfill their life's purpose.

AUGUST

Naomi Stephan & Sue Moore

Fulfill Your Soul's Purpose

Finding Paths To Your Life's Mission

Sunday, August 13, 10 am-6 pm.

\$59. For information (800) 957-8888

Naomi Stephan shows you how to seek, identify, and express your individual mission, align your career with your soul's purpose, and experience the joy of living a meaningful life.

Amber Jayanti

From Pain to Forgiveness

A Rite of Initiation Through Tarot Symbolism

Wednesday, August 23, 1-3 pm. and 8-10 pm.

Free. For information (408) 423-9742

Amber Jayanti will give complementary Tarot readings to Bodhi Tree customers

Thursday, August 24, 7.30 pm — At times, a stormy and painful upheaval is our initiation into higher consciousness. Join Amber to experience how certain Tarot cards describe and help bring about resolutions.

Krishnamurti Foundation

Second meeting

Saturday, August 19, 7-9.30 pm.

Free. For information (805) 646 2726

This is the second meeting to be held in honor of the 100th anniversary of Krishnamurti's birth. All are welcome.

SEPTEMBER

Paulette Rochelle Levy

The Creative Path

Saturday, September 9, 4-6 pm.

For fee, and further information call (310) 453-4053

Paulette Rochelle Levy is an artist, painter, sculptor and a licensed psychotherapist. Her one day introductory workshop is inspired by *The Artist's Way*.

Krishnamurti Foundation

Third meeting

Saturday, September 16, 7-9.30 pm.

Free. For information (805) 646 2726

This is the third meeting to be held in honor of the 100th anniversary of Krishnamurti's birth. All are welcome.

Where To Park Near the Bodhi Tree Bookstore

Dear Friends of the Bodhi Tree,

One of the most common problems of life in Los Angeles is finding a parking place. Like many areas of Los Angeles, the Bodhi Tree has gradually been surrounded by restricted permit parking areas that reserve street parking—in whole or in part—for neighborhood residents only. This has made parking near our store a bit more challenging than we wish. Even with the loss of parking, adequate parking exists most of the time. Here is a guide that we hope will make it easier for you to park and help you avoid getting a parking ticket. **Park cautiously** and feel free to ask us where and when you may park.

WHERE YOU CAN ALWAYS PARK:

The Bodhi Tree has three off-street parking spaces near the front of the Used Book Branch on Westbourne Drive.

Parking Meters: You may park wherever there is a parking meter (this includes Melrose Ave. and on side streets as well). You must pay the meter from 9:00 a.m.—6:00 p.m. The meters are free after 6:00 p.m. and all day Sundays.

WHERE YOU CAN PARK MOST OF THE TIME:

The side streets south of Melrose—west side: 2 hour free parking is available on the west side of the side streets south of Melrose

(towards the Beverly Center) Monday through Saturday from 7:00 a.m. to 7:00 p.m. After 7:00 p.m. there is no parking in this area, nor all day Sunday.

The Pacific Design Center: The nearest parking lot is at the Pacific Design Center at the corner of Melrose Ave. and San Vicente Ave., just 1 1/2 blocks west of the Bodhi Tree. The hours are 6:00 a.m. to 10:00 p.m. Monday through Friday. The rate on weekdays is \$1.00 every 20 minutes with a maximum of \$6.00. **If you enter after 5:00 p.m. there is a flat rate of \$2.25.** On Saturday and Sunday, parking is available all day until 3:00 a.m. for the flat rate of \$2.25. Occasionally the attendant isn't there and it's free!

WHERE YOU CAN NEVER PARK:

The side streets north of Melrose: No parking is allowed at any time in the area north of Melrose (towards Santa Monica Blvd.), except at any parking meter.

The side streets south of Melrose—east Side: The area south of Melrose is a different permit area with different rules. There is no parking here at any time on the east side of the street. Parking is allowed at times on the west side of the street... (see *Where You Can Park Most of the Time*)

Please don't be discouraged—there's usually enough parking most of the time in the areas listed above.

BODHI TREE CAT



Little Girl



Bodhi Tree Bookstore

The Quarterly Bookstore by Mail
Issue Number 12

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Published Quarterly by
The Bodhi Tree Bookstore,
8585 Melrose Avenue,
West Hollywood, CA 90069-5199
(310) 659-1733

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From time to time we make our mailing list available to select organizations and companies. If you are currently on our mailing list and would not like your name made available to any other organization or company, please send us the mailing label from this issue or write your name and address on a piece of paper and send it to:
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INTRODUCTION

Solemn Hour

*Who weeps now anywhere in the world,
without cause weeps in the world,
weeps over me.*

*Who laughs now anywhere in the night,
without cause laughs in the night,
laughs at me.*

*Who goes now anywhere in the world,
without cause goes in the world,
goes to me.*

*Who dies now anywhere in the world,
without cause dies in the world,
looks at me.*

from Rilke, *Selected Poems with English translations and notes by C. F. MacIntyre*, \$8.00 paper,
ISBN 0520010701, University of California Press.

We 20th Century Americans have never had a war fought on our soil, in our backyard. We have had to travel to foreign lands to see war's atrocities first hand. Viewing such things on television or reading about it in the paper has allowed us to treat it in a casual, all-in-a-days experience manner. Now, with the terrorist attack of a federal building in Oklahoma City, we have lost our innocence. We face fear and terror laced with the anger of revenge. But it is precisely these emotions that undermine our humanity. Our challenge is to not let fear or anger dominate or dictate our lives. Many of the spiritual teachings of the world discuss how to live a life where fear and anger do not leave us helpless and bereft. Implicit is the sense that there is a way for each of us to discover for ourselves what is life-embracing and empowering.

One of our feature presentations is Sharon Salzberg talking about her book *Lovingkindness*. In it, she tells us that one of the first uses of "lovingkindness", or "metta," by the Buddha is to dispel fear. Fear is our nemesis and it is important that we learn to live consciously and lovingly. Another feature is about a wonderful new book by Evelyne Blau called *Krishnamurti 100 years*. One of K's most poignant discussions is about fear. He stated that if we would see fear for what it truly is, we would be free of it once and for all. Trying to find out what he means by that is well worth the effort. It is a real challenge for all of us.

We are also featuring Dr. Carlos Warter, author of *Recovery of the Sacred*, where we learn about his great spiritual adventures and his search for insight into the true nature of healing.

An auspicious birthday celebration begins on July 6. The Dalai Lama who was born on July 6, 1935 celebrates his 60th birthday. We extend our best wishes to him and profound thanks for showing us in both words and deeds what spirituality and peace through personal integrity and strength can be.

James Redfield, author of *Celestine Prophecy*, has announced the expected publication date of his sequel, called *The Tenth Insight*. The new book has a scheduled publication date for November, 1995. A preliminary review is presented in the Fiction section. We are planning a booksigning event with him. We'll let you know when it's scheduled.

Many of us were inspired by the wonderful stories in *Chicken Soup for the Soul*. Now authors Jack Canfield and Mark Victor Hansen bring us another "helping" in their sequel, *A Second Helping of Chicken Soup for the Soul*—see the New Age Philosophy section.

There are several other notable books in this issue. There is Ken Carey's new book, *The Third Millennium* also reviewed in the New Age Philosophy section. We have a "new" Seth book by Jane Roberts, *Magical Approach* in the Seth—Jane Roberts section. There is a new book to boggle our minds from Ken Wilber, *Sex, Ecology, Spirituality—The Spirit of Evolution*. According to Larry Dossey, M.D., this may be one of the most significant books ever published. It is presented in the Ken Wilber section.

July 10th marks our 25th Anniversary. We plan to celebrate it in a special way and we invite everyone to join us. Please see the Bodhi Tree Bookstore 25th Anniversary section.

This is our summer issue and many of you will be going on vacation to shake away the dust of the daily toils. The spring in Los Angeles has been memorable with many days of beautiful weather. Because of all the heavy rains, the new flowers and vegetation are especially beautiful. We hope everyone has a wonderful summer and you get to read lots of great books! Thanks for being our customers. We appreciate your patronage and friendship. We enjoy being here for you.

*Do you know, I would quietly
slip from the loud circle,
when first I know the pale
stars above the oaks
are blooming.*

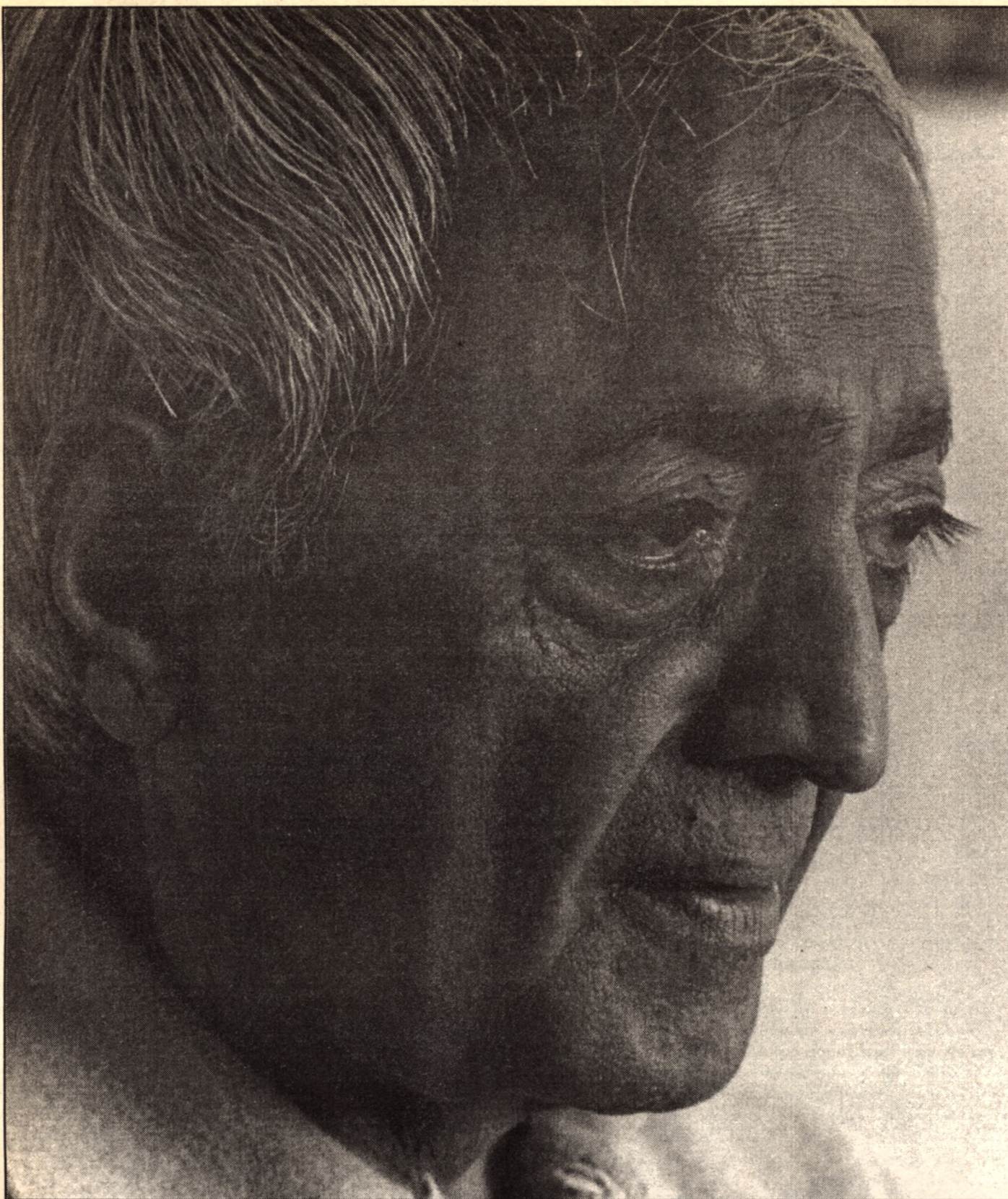
*Ways will I elect
that seldom any tread
in pale evening meadows—
and no dream but this:
You come too.*

—Rainer Maria Rilke, *First Poems*

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On the cover: A rendering of Krishnamurti (about 40 years old) from the Bodhi Tree archives, source not known but we suspect it may have been adapted from a 1935 Edward Weston photograph. In the background, the Oak Grove in Ojai where K often spoke.



"A Century of Krishnamurti" is the theme of the Centenary. It will be an occasion to focus attention on the relevance to the present age of the timeless teachings of Krishnamurti, and to assure that they become a living part of the human heritage. The Centenary will be an occasion of world-wide importance, since Krishnamurti visited and gave talks in all the major cities of the United States, Europe, South America, Australia, New Zealand, India, Sri Lanka and Pakistan. Please contact the Krishnamurti Foundation of America, P.O. Box 1560, Ojai, CA 93024 for information about Krishnamurti or about the Centenary celebrations.

In celebration of this momentous centennial, author and film maker Evelyne Blau presents us with a wonderful new book on Krishnamurti called Krishnamurti 100 Years.

Author Evelyne Blau has worked extensively with the Krishnamurti material and knew Krishnamurti personally. She is a trustee of the Krishnamurti Foundation of America, edited Krishnamurti's book, *Meditations*, and is currently planning a six part television series *Beyond Myth and Tradition*, on some of the great themes Krishnamurti addressed. She has produced and co-written two feature length documentary films on Krishnamurti.

The *Challenge of Change and With A Silent Mind*, which have been shown throughout the world.

On June 17, 1995, Evelyne Blau will present her new book at the Bodhi Tree, in the Bodhi Tree Annex Building, at 7:00 pm. Please come celebrate Krishnamurti's centennial with us and meet the author who assembled this marvelous book.

What follows is excerpted and edited from Krishnamurti: 100 Years. Page numbers refer to the book's complete and unaltered text.

Out of myth and memory the story of Krishnamurti emerges like a long forgotten dream, the story of a slight boy, lost to the world, but found on the beach at the Bay of Bengal (pg 3). The events that took place, beginning with his birth in 1895, do indeed have a mythic quality, each passing year adding a new layer of understanding, while retaining a core of mystery. His mother, Sanjeevama, was a devoutly religious woman, said to be psychic. She insisted, over the objections of her husband, Narayaniah, that the child be born in the puja room of their tiny house in the south of India, at Madanapalle. This was an extraordinary event because traditionally, the puja room is a sanctified area not suitable for birthing.

As the boy matured he was sickly and often missed school. At six he went through the "sacred thread ceremony," the Upanayanama. This ceremony, an induction into the rites of priesthood, is the first step in the life of a Brahmin boy—all of whom are born priests.

His mother died when he was ten years old. Bereft, the boy clung closer than ever to his younger brother, the bright and loving Nitya.

For centuries, in both Europe and the East, arcane teachings told of a "Secret Brotherhood," "a Great White Lodge," a complex hierarchy of occult masters who exerted their benign influence to help humanity (pg 8). The Theosophical Society, founded by Madame Blavatsky, had the purpose of preparing the world for a coming messiah and the highly evolved "root race" that was the prototype of a new humanity. Krishnamurti, at the age of twelve, was selected as this coming messiah or world teacher. He was taken up by the Theosophical Society in India and continued his education and spiritual training under their authority. The young

Krishnamurti 100 Years

by Evelyne Blau

Centenary Celebration of K's Birth



May 12 marks the 100th anniversary of the birth of Jeddu Krishnamurti. Krishnamurti died at the age of ninety on February 17, 1986. He remains one of the profound teachers of our modern times and has left us with a wealth of recordings and videos which constitute a living legacy of his teaching from which his many books have been constructed. He claimed no authority but was recognized as one. He insistently rejected the guru status that many tried to foist upon him and tirelessly discussed the how's and wherefores of being a free person whose authority is rational and thoroughly within one's own being. Krishnamurti did everything in his power to cajole us into seeing and understanding for ourselves what he had discovered for himself and how that was not someone's exclusive possession. In a sense, one ought not to describe his discoveries as "discovered" but more as "discovering"; for each of his discourses, while being familiar, were being freshly investigated as he discussed them with his audience.

Krishnamurti who was thought to be vacant, stupid, and, even in Krishnamurti's own words, "moronic" had a difficult time in school. It was at this time, that Krishnamurti learned English, and in later years, he lost his knowledge of his native language, Telugu. All the clairvoyants around Krishnamurti noted that his aura was of great brightness and glory.

In 1910, Krishnamurti took his first Theosophical initiation. On the first anniversary of Krishnamurti's initiation, the Order of the Star in the East was formed to pave the way for the coming world teacher. In 1912, Krishnamurti and his brother went to England to continue their education. They were to remain in England and Europe for almost ten years. They lived in quiet isolation in the English countryside and except for the retinue of tutors, they had little contact with the world at large. While they were

no attempt was made to consult medical opinion, as Krishnamurti and others around him concurred that these events were a spiritual preparation of his body and, according to ancient Hindu texts, was "the awakening of Kundalini," the "fiery serpent" said to signify the awakened and liberated state (pg 31).

For years there had been unquestioning faith on the part of the Star members that Nitya was chosen to stand at his brother's side in support of the work. It was part of a great plan. But Nitya had contacted tuberculosis. In October, 1925, Krishnamurti left Ojai, where his brother remained, to go first to England and then to India for the Jubilee Convention of the Theosophical Society. Krishnamurti was assured that his brother was safe. There was implicit faith that the masters would guard Nitya's life (pg 37). But it was not to be. A telegram telling of Nitya's death was delivered to Krishnamurti as his ship

in the past seemed but a calming continuation of what was already known? Where were the words of comfort to soothe the troubled? Where were the golden platitudes for a world weary of war, lost and disillusioned in peace?

Then, in a statement that was to foreshadow dramatic events to come, Krishnamurti wrote in 1928, "Because you have placed beliefs before life, creeds before life, dogmas before life, religions before life, there is stagnation. Can you bind the waters of the sea or gather the winds in your fist? Religion, as I understand it, is the frozen thought of men out of which they have built temples and churches. The moment you attribute to external authority a spiritual and divine law and order, you are limiting, you are suffocating that very life that you wish to fulfill, to which you would give freedom. If there is limitation, there is bondage and hence suffering. The world at present is

"I maintain that truth is a pathless land, and you cannot approach it by any path whatsoever, by any religion, by any sect."

isolated in the countryside, the world was exploding outside. World War I raged in fierce battles. The end of the war in 1918 brought increased activity among Theophists. Krishnamurti was brought into the forefront at meetings. As he grew older, however, he felt increasingly estranged by what he saw as the limitations and restrictions of any form that attempted to codify "the truth." Although Krishnamurti plunged into his work as head of the Order of the Star in the East, his internal struggles continued. "There is a rebellion within me, surging quietly, but surely . . . to what purpose I do not know. A continuous fight and then some more fighting." (pg 29)

In 1922, Krishnamurti and his brother went to Ojai. Starting in August, Krishnamurti began a transforming experience that completely changed his life. In the months and years to follow Krishnamurti continued with the painful state of preparation that he was to call "the process." During this agonizing peri-

taking him to India entered the Suez Canal. With the loss of his brother, Krishnamurti was now alone, cut off from the past, bereft of familial ties. Shiva Rao, who shared the cabin with him, wrote that, "The news broke him completely; it did more — his entire philosophy of life, the implicit faith in the future as outlined by the Theosophical Society, all appeared shattered at that moment." After many days, slowly, with immense effort, he changed, pulling himself together to face life without Nitya.

In spite of the stimulating and broadening friendship of the many around Krishnamurti, a sense of disquiet remained as a constant in his life and as the single-pointed probing and acid dissent of Krishnamurti became more and more apparent to the thousands who thronged to hear his talks, unease and confusion roiled through the Order of the Star (pg 71). What had happened to the beautiful young man whose speeches

the expression of life in bondage. So, according to my point of view, beliefs, religions, dogmas, and creeds, have nothing to do with life, and hence have nothing to do with truth." —*Life The Goal*, 1928.

In 1929, Krishnamurti dissolved the Order of the Star in a stirring speech that to this day can be a guiding light for a person who seeks a spiritual path. To many, that speech dissolving the Order of the Star is a manifesto of Krishnamurti and his teachings. It certainly is incredibly focused and inspiring. At Ommen camp on August 3, 1929, Krishnamurti issued his manifesto, *Truth is a Pathless Path*.

"We are going to discuss this morning the dissolution of the Order of the Star. many people will be delighted, and others will be rather sad. It is a question neither for rejoicing nor for sadness, because it is inevitable, as I am going to explain."

... "I maintain that truth is a pathless land, and you cannot approach it by any path whatsoever, by any religion, by any

Krishnamurti 100 Years

Evelyn Blau

\$29.95. 284 pp. cloth. ISBN

1556704070. Stewart, Tabori & Chang.



This stunning book presents us with an overview of the entire life of Krishnamurti. We learn about his long and poignant history, relevant and transitory talks and writings, and meet many of the impor-

tant people of his life through their own words. These people talk about how Krishnamurti affected or transformed their lives and what they think his relevance is to the world, and perhaps beyond. We also have a visual treat in the many archival pictures being presented for the first time. The cover of the book features a picture of the oak grove in Ojai where Krishnamurti spoke for many years and which seems to express his essence. The book is oversize, seven by eleven inches, printed on art quality paper and is illustrated with over 125 duotone photographs.

sect. That is my point of view, and I adhere to that absolutely and unconditionally. Truth, being limitless, unconditioned, unapproachable by any path whatsoever, cannot be organized; nor should any organization be formed to lead or to coerce people along any particular path. If you first understand that, then you will see how impossible it is to organize a belief. A belief is purely an individual matter, and you cannot and must not organize it. If you do, it becomes dead, crystallized; it becomes a creed, a sect, a religion, to be imposed on others. This is what everyone throughout the world is attempting to do. Truth is narrowed down and made a plaything for those who are weak, for those who are only momentarily discontented. Truth cannot be brought down, rather the individual must make the effort to ascend to it. You cannot bring the mountaintop to the valley. If you would attain to the mountaintop you must pass through the valley, climb the steps, unafraid of the dangerous precipices. You must climb towards the truth, it cannot be "stepped down" or organized for you. Interest in ideas is mainly sustained by organizations, but organizations only awaken interest from without. Interest, which is not born out of love of truth for its own sake, but aroused by an organization, is of no value. The organization becomes a framework into which its members can conveniently fit. They no longer strive after truth or the mountaintop, but rather carve for themselves a convenient niche in which they put themselves, or let the organization place them, and consider that the organization will thereby lead them to truth . . . I maintain that no organization can lead man to spirituality."

... "If an organization be created for this purpose, it becomes a crutch, a weakness, a bondage, and must cripple the individual, and prevent him from growing, from establishing his uniqueness, which lies in the discovery for himself of that absolute, unconditioned truth. So that is another reason why I have decided, as I happen to be the head of the Order,

Who is J. Krishnamurti?

Jiddu Krishnamurti (1895-1986) was born in South India, educated privately in England and traveled the world for 65 years speaking in Europe, India, Australia and North and South America. In his youth, he was lionized by the Theosophical Society as, literally, a new Messiah. In 1929, Krishnamurti renounced the role thrust upon him and embarked on a life-long mission to set man "absolutely, unconditionally free" from all conditioning including that imposed by organized religion and dependence upon spiritual leaders. He expounded no doctrine but was constantly examining the workings of the human mind in his writings, public talks and discussions. The enduring questions Krishnamurti asks about the quality of life, the source of all human problems and the nature of the mind have made him into one of the most provocative speakers and authors of the 20th century.

Krishnamurti formed several organizations to handle publications and business affairs, the first being Krishnamurti Writings, Inc. Later, due to legal problems with Krishnamurti Writings, Krishnamurti was denied access to properties in Ojai, such as the Oak Grove. In 1968, he formed a new international organization, Krishnamurti

Foundation Trust, England. The Krishnamurti Foundation of America was founded in 1969 followed by the Krishnamurti Foundation of India in 1970. The legal problems with Krishnamurti Writings, Inc. were finally resolved in the early 80s after several years of legal maneuvering. The last challenge came to Krishnamurti and his teachings after his death. Radha Rajagopal Sloss published a book called, *Lives in the Shadow with J. Krishnamurti which accuses Krishnamurti of having a long time relationship with her mother who was also the wife of Krishnamurti's long time secretary (Mr. Rajagopal) and head of Krishnamurti Writings, Inc.*

It is important to understand that even though there is a Krishnamurti Foundation with branches in America and India, the foundation's main purpose is to preserve and disseminate his teachings, but not to act as an interpreter or authority. In the last words he spoke to colleagues, he said, "There must be no hierarchies. There must be no apostles. No one must set himself up as an interpreter or an authority and you must all stick together and be with each other and work together. The teachings are important and not the teacher." (pg 257).

Books of J. Krishnamurti

From the vast body of Krishnamurti's teachings, we have selected the following books that we have found to be the most representative of his writings. Each book focuses on issues that have relevance and urgency in our daily lives. We stock all available editions of Krishnamurti's books. We also stock selected audio tapes and videos. A complete list is available upon request.

Selected biographies:

Krishnamurti—The Years Awakening by Mary Lutyens (\$9.95 paper ISBN 0380711123), *Krishnamurti—The Years of Fulfillment* by Mary Lutyens (\$8.95 paper ISBN 0380711125), *Krishnamurti—The Reluctant Messiah* by Sidney Fields (\$16.95 paper ISBN 155778180X), and *Lives In The Shadow with J. Krishnamurti* by Radha Rajagopal Sloss (\$15.00 paper ISBN 0201627019).

The Collected Works of J. Krishnamurti

This edition of Krishnamurti's early talks and discussions in America, Europe, India, New Zealand and South America has been carefully authenticated against transcripts and tapes. Each volume includes a frontispiece photograph of Krishnamurti and question and subject indexes at the end. It is published by Kendall/Hunt Publications and the price is \$14.95 per volume, of paperback editions, about 254 pp. each. There are 17 volumes in the set, starting in 1933 and ending in 1967. The Bodhi Tree stocks the entire set. The most popular edition is volume XVII, *Perennial Questions*, 1966-1967.

The First & Last Freedom

By Krishnamurti with a Foreword by Aldous Huxley
\$12.00. 288 pp. paper.
ISBN 0060648317. HarperSanFrancisco.



Here, Krishnamurti cuts away symbols and false associations in the search for pure truth and perfect freedom. The freedom of which he writes is the breaking of debilitating, consuming concern with the self. Once you find this freedom, you are liberated from the unfulfilling and destructive obsessions of society. "A mind that has come to the stillness of wisdom 'shall know being, shall know what it is to love. Love is neither personal nor impersonal. Love is love, not to be defined or described by the mind as exclusive or inclusive. Love is its own eternity; it is the real, the supreme, the immeasurable.'"

—Krishnamurti as quoted by Aldous Huxley.

Freedom From The Known

By Krishnamurti
\$10.00 124 pp. paper. ISBN 0060648082. HarperSanFrancisco.

In this classic work, Krishnamurti shows how people can free themselves radically and immediately from the tyranny of the expected. And, by first changing themselves, people can then change the whole structure of society and their relationships. The essence of Krish-

namurti's message here is the vital need for change and the recognition of its very possibility.

A series of theme books have been compiled from the works of Krishnamurti. Each book focuses on a particular important topic. The books include: *On Fear*, *On Freedom*, *On Learning and Knowledge*, *On Living and Dying*, *On Love and Loneliness*, *On Mind and Thought*, *On Nature and the Environment*, *On Relationship*, *On Right Livelihood*, and *On Truth*. One of them is reviewed below.

On Fear

By J. Krishnamurti
\$10.00. 119 pp. paper.
ISBN 0062510142. HarperSanFrancisco.

Is fear an inevitable part of life? In this collection, we explore with Krishnamurti the whole complex problem of fear: how it makes our minds dull and insensitive, and how the roots of our hidden fears (which we constantly try to escape) cannot be dealt with through analysis of the past or by use of will. Instead, Krishnamurti teaches the art of "seeing" and "listening" through which we can recognize the root of fear and, once and for all, totally free our minds of it. Krishnamurti urges us to



become aware of the "whole movement of fear" within ourselves; as we read his words, we have the opportunity to do so. "So, can we, each of us, who are the rest of mankind, who are mankind, look at a very simple fact? Observe, see, that the causation of fear is thought/time? Then the very perception is action. And from that you don't rely on anybody. See it very clearly. Then you are a free person." —J. Krishnamurti

Think on These Things

By Krishnamurti
\$12.00. 258 pp. paper.
ISBN 0060916095. HarperPerennial.



This, the all-time favorite Krishnamurti book, comes from talks to students, teachers and parents in India. Its keen penetration and lucid simplicity is deeply meaningful to most everyone. Krishnamurti examines with characteristic objectivity and insight the expressions of what is called our culture, education, religion, politics and tradition. We learn about such basic emotions as ambition, greed and envy, the desire for security and the lust for power—all of which Krishnamurti shows to be deteriorating factors in human society.

to dissolve it. No one has persuaded me to this decision."

... "This is no magnificent deed, because I do not want followers, and I mean this. The moment you follow someone you cease to follow truth. I am not concerned whether you pay attention to what I say or not. I want to do a certain thing in the world and I am going to do it with unwavering concentration. I am con-

cerning myself with only one essential thing: to set man free. I desire to free him from all cages, from all fears, and not to found new religions, new sects, nor to establish new theories and new philosophies. Then you will naturally ask me why I go the world over, continually speaking. I will tell you for what reason I do this; not because I desire a following, not because I desire a special group of special disciples.

(How men love to be different from their fellowmen, however ridiculous, absurd, and trivial their distinctions may be! I do not want to encourage that absurdity.) I have no disciples, no apostles, either on earth or in the realms of spirituality."

... "You can form other organizations and expect someone else. With that I am not concerned, nor with creating new cages, new decorations for those cages.

My only concern is to set men absolutely, unconditionally free."

Krishnamurti was now his own man. Although many of the older followers from his "messiah" days dropped away in despair, some remained steadfastly at his side. The Theosophical Society, riven by conflict over his departure, regrouped as best it could. It survived and is currently a viable organization with many centers throughout the world. It continues to publish important books in the field of spirituality and religion.

Krishnamurti, over the next several years, spoke with increasing clarity and force, without the constraint of having to hew to an acceptable line. His language gradually moved from a florid Victorian/Theosophical style to the concise, pared-down language of his later years (pg 92).

"When the mind is swept clean of image, of ritual, of belief, of symbol, of all words, mantras and repetitions, and of all fear, then what you see will be the real, the timeless, the everlasting, which may be called God; but this requires enormous insight, understanding, patience, and it is only for those who really inquire into what is religion and pursue it day after day to the end. Only such people will know what is true religion. The rest are merely mouthing words, and all their ornaments and bodily decorations, their pujas and ringing of bells—all that is just superstition without any significance. It is only when the mind is in revolt against all so-called religion that it finds the real." (pg 92)—*Think On These Things*, 1964.

(continued on page 45)

Bodhi Tree Best-Sellers

THE FOLLOWING IS A LIST OF THE BEST-SELLING BOOKS AT THE BODHI TREE BOOKSTORE FOR APRIL, 1995.

- 1 **The Seven Spiritual Laws Of Success**
By Deepak Chopra
\$12.95. cloth. ISBN 1878424114. New World Library
- 2 **The Artist's Way** by Julia Cameron & Mark Bryan
\$13.95. paper. ISBN 0874776945.
Jeremy Tarcher/Putnam.
- 3 **Celestine Prophecy—An Experimental Guide** by James Redfield and Carol Adrienne
\$8.99 paper. ISBN 0446671223. Warner Books.
- 4 **Kombucha—Healthy Beverage and Natural Remedy** by Gunther Frank
\$23.00. paper. ISBN 9990203393. W. Ennsthaler.
- 5 **The Celestine Prophecy** by James Redfield
\$17.95 cloth. ISBN 044651862X. Warner Books.
- 6 **Cure for All Cancers** by Hulda R. Clark
\$19.95. paper. ISBN 0963632825.
ProMotion Publishing
- 7 **Bringers of the Dawn—Teachings from the Pleiadians** by Barbara Marciniak
\$10.95. paper. ISBN 093968098X. Bear & Co.
- 8 **Essential Kombucha** by Barbara Malczewski
\$12.95. paper. ISBN 9990213666.
Kombucha Foundation
- 9 **Earth—Pleiadian Keys to the Living Library** by Barbara Marciniak
\$12.95. paper. ISBN 1879181215. Bear & Co.
- 10 **The Third Millennium** by Ken Carey
\$17.00. cloth. ISBN 0062512447. HarperCollins
- 11 **A Path With Heart** by Jack Kornfield
\$12.95. paper. ISBN 0553372114. Bantam.
- 12 **The Book of Runes - 10th Anniversary Edition** by Ralph Blum
\$29.95. cloth (book and Runes). ISBN 0312097581.
St. Martin's Press
- 13 **The Life You Were Born To Live** by Dan Millman
\$14.95. paper. ISBN 091581160X. HJ Kramer.
- 14 **Nothing In This Book Is True, But It's Exactly How Things Are** by Bob Frissell
\$12.95. paper. ISBN 1883319013. Frog, Ltd.

Carlos Warter



"You learn to use a past birth in the land of fools."

Carlos Warter appeared at the Bodhi Tree Bookstore in February this year. We were especially interested in his view on identity. For example, he suggests we can completely heal ourselves of addictions, to the point where we no longer need to identify ourselves with our disease.

What follows is an edited version of his presentation.

Before I was socialized into our contemporary belief system, I thought that healing was a process that occurred by grace and invisibility. I thought that I could go outside of my body, see a person who was suffering, apply some touch in an invisible manner and return to my body. All kids think many things that are not so logical for adults, yet that vision stayed with me for many years. I wanted to be in a place, project myself, heal, come back and smile—smile in the joy that a contribution had been made invisibly. It was a sort of a secret service.

I decided that a way to serve would be to study medicine. So I went to medical school and into sciences and technology. Of course I found very little humanism there, much less a sense of spirit or God.

Later I studied with a teacher called Idries Shah and he told me, "You learn to use a past birth in the land of fools." In the Sufi tradition, the fools are the sub-personalities or the aspects of ourselves that, through a function or an activity, we end up identifying with. We forget our true essence and our true self.

I thought that studying psychiatry—since psyche means soul—would be a way to understand what was going on. But not even psychiatry concerns itself with the soul.

Before he died, my grandfather validated something in me that has informed my work through my whole life. He was a great healer, and he validated that who we are is not the body, or the history, or

the mind. Nor is it our feelings, or what we're doing. It's not our worries, it's not even our joys. It's something more stable. It is the soul.

I found out that the soul is the source of healing, and it is also the doorway to an invisible school of learning about the real purpose of what we're doing on the planet. And I don't mean as separate individuals, but as a collective humanity.

When my grandfather died, he appeared to me in a vision and he said, "Don't worry. We're forever. We're safe." He validated me in an eternal understanding. Straight away, I wrote a letter to some uncles and I told them, "Don't worry, grandpa is alive at the other side." And these uncles invited me over to tell them about it. So I was fortunate to get positive feedback for experiencing the other side.

I meet so many people who have a powerful experience of transcendence, whether through love, or friendship, or by any circumstance. But they give it away because it is not socially fashionable.

Having said that, I believe we are in a time where the veil is thinning. And we are being asked to become *full* human beings. I'm talking about bringing together the sacred part in the depths of ourselves. There is a society of souls that is emerging as a possibility for mass salvation. And I don't mean salvation in an esoteric sense, I mean it as wholeness, as sanity. The separation between the perception of the child and the adult which

wants to be socially accepted is costing us the fragmentation of our consciousness.

About twenty years ago, I was in my psychiatric residency in Chile and I met a woman who was talking to angels. The angels told her that political unrest was going to happen. The medical establishment gave her sixteen electroshocks and she didn't speak anymore. I'll never forget her. Today we would call it channeling or knowing, but the social consciousness of the time was completely punitive so they fried her brain. In 1993, she might have been on the cover of *Time Magazine*.

We are at a crossroads in humanity now. We will either claim the synthesis and the synergy of all spiritual traditions and remember our divinity. Or, we will become passwords on the Internet and be totally subjected to the information revolution. The Internet is wonderful, but it is not optimum. For thousands of years, certain pieces of information have been withheld, but we still have to live it. We have to become it before we move on.

Falling in love is an initiation into the ultimate capacity of self-generation that is almost biochemical. If I want to leave you with anything, it's that love shifts our identity from being a third-dimensional entity to the hyperspace of operating in many dimensions simultaneously. Most spiritual traditions have pointed to this as the beginning of the true spiritual path.

In a hospital twenty five years ago I real-

ized we were living in a world of words just defining each other, in terms of judgment or diagnosis. This continuity of labeling, of defining another human being without really seeing that he or she is a unique expression of divinity, is not conducive to healing. I decided to just *sit* with my patients and I found that when they got enough attention, they healed.

It wasn't my attention that healed them but the recovery of their own inner source of attention which had been divided into false identities made up of words. I decided to find out if this was so for other people, so I spent time with shamans and Sufi teachers, and I opened myself up to a journey. As a medical doctor I knew how to prescribe and diagnose, but I didn't know that in healing there is a unique expression of divinity.

For seven years I bounced around the planet. And something had shifted. It wasn't just the experience of love. Something had propelled me on a path of miracles that was ordinary life.

When we finally conclude that we are soul—and soul is forever—we embark on a process of assisting each other to construct a world that is respectful of the uniqueness of everyone. We're not the same. Each one has an evolutionary line of spiritualizing matter.

To go about activating spiritual awareness in my work, I have set-up an environment which I call intensive inner work. It can take a week or it can be an ongoing process. The first thing to happen is that one becomes consciously more familiarized. The act of discovering what you truly are is not an intellectual process, it is a process of diving into an ocean that dissolves the false identity. And it leaves the whole solution of who you are which is true and forever.

Innner work is really something that is not for oneself, but for all. It is an activity in which you take an inner vow of service to those you encounter in life.

(continued on page 10)

Recovery of the Sacred

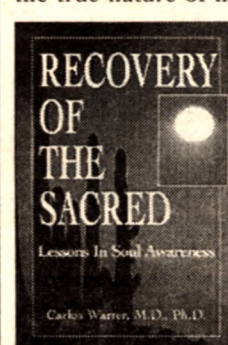
Lessons in Soul Awareness

By Carlos Warter, M.D., Ph.D.

\$9.95. 234 pp. paper.

ISBN 1558743138. HCI

Dr. Carlos Warter's search for insight into the true nature of healing led him to



explore the world of deep underlying connections where he unearthed crucial information about the soul and our human condition. His great spiritual adventure takes the

reader all over the planet, from Chile to Mexico, from the Rockies to Morocco, from L.A. to the Holy Land. And he reveals the fundamental worth of our deepest spiritual traditions—from the initiation rituals of Shamanism, the customs of Sufism, the mysticism of Christianity, Judaism and Islam, Buddhist meditation techniques and the sacred rites of our ancient cultures. His book is a means to gaining insight into our own soul awareness, as individuals, but also as a collective of beings. *Recovery of the Sacred* is an invitation to follow the true nature of our souls and to open ourselves to humanity's common, shared existence. Here we can realize the possibilities that await us all.

Sharon Salzberg: *Lovingkindness*

*In January, 1995, we were honored to have with us Sharon Salzberg and Joseph Goldstein to present their new books. They are co-founders of the Insight Meditation Society in Barre, Massachusetts. Sharon Salzberg, in *Lovingkindness*, brings us the fruit of her twenty-five years of Buddhist practice to her compelling and lucid first book. Joseph Goldstein, through his books, is a well known and respected teacher. He is the author of *Insight Meditation: The Practice of Freedom, The Experience of Insight: A Simple and Direct Guide to Buddhist Meditation* and co-author of *Seeking the Heart of Wisdom: The Path of Insight Meditation*. What follows is an edited version of their presentation. Sharon Salzberg speaks first, followed by Joseph Goldstein.*

Sharon Salzberg: I want to tell you a story about a friend and colleague of mine. She was teaching a course with us at our center in Barre. Leaving the course, she got on an airplane going from Boston to Chicago and then another airplane going from Chicago to San Francisco. In that plane, the pilot announced that they were having trouble with the hydraulic system and they were going to have to return to Chicago. They were told that the return was going to take about 40 minutes. They were instructed on the position to take in the event of an emergency landing and were told that the flight attendants were going to come by and collect everybody's shoes, eyeglasses and pens from their pockets. This was clearly something serious. As they were going back to Chicago, every once in a while, the pilot would announce, "We'll be landing in 35 minutes... 30 minutes... 25 minutes..."

She began doing metta meditation, which is lovingkindness meditation, to practice developing a sense of open-heartedness and connectedness. She has in her immediate family about twelve people, and these were the people she was focusing on as the plane was heading back to Chicago: "May this person be happy. May they be peaceful. May they be safe." And she kept going through these rounds of the twelve who were closest to her in her life.

When the pilot said, "We're going to be landing in five minutes," she thought, "In five minutes, I'm either going to be alive or I'm going to be dead." She continued doing her metta meditation, but she said the only way she could now extend lovingkindness was to all beings everywhere without any distinction, without any sense of separation or exclusion. There was no way in her mind, facing the prospect of imminent death, that she could draw that line around just her own 12 people and say, "These are the people that I love, that I care about."

As it happened, the plane landed, just like any old landing, and everything was fine. But I'm very interested in that moment when we realize that we are a part of everything, that there is no separation and our sense of limitation either dissolves or is seen to be transparent. It is such a real moment. It's not like the times when we're sitting somewhere and we're full of anger, terrified, or really upset about something and on top of that, we

try to lay this thin veneer of love and kindness and smiles while inside we're really seething.

I've developed a new phrase (maybe it will be my next book title) — I call it "the tyranny of lovingkindness" — where we have this belief that we must be happy, smiling, and loving and disregard everything that we might actually be feeling. We can't accept pain, suffering, or fear. I'm much more interested in that moment when we recognize that love is present and that it's not a contrivance, a fabrication or a pretense. It's like coming home to a capacity or potential that's within us, a part of being a human being.

There's a concept in modern astronomy, now outdated, that says that everything in the universe is moving uniformly away from everything else in all directions into space. There's no center-point or reference point to the universe. From one perspective, this understanding can produce the very desolate feeling that there's no home or refuge. From another perspective, every point is home — we don't have to have a single reference

"This is what we mean by lovingkindness. Where every place is home and where we do not need to fix on separation or distance for a sense of safety."

point to cling to for a feeling or sense of refuge and safety. This is what we mean by lovingkindness, where every place is home and where we do not need to fix on separation or distance for a sense of safety. As the Buddha once said, "They abide in peace who do not abide anywhere."

The word in Pali is metta. It's usually translated as lovingkindness, but I think it's going to become one of those words in our vocabulary that is not translated because it is so difficult to find just the right meaning. The Buddha described love or lovingkindness primarily in terms of its root meaning as friendship. It's being a true friend to ourselves and ultimately



to all that lives. In some ways, I don't even know if we can accurately depict it as a feeling, as an emotion. Very often when the Buddha was talking about it, he used the image of space — vastness, openness, immensity — spaciousness. And he would say, "Develop a mind so filled with love, it resembles space, which cannot be painted, it cannot be marred, it cannot be ruined." Sometimes when we use the word love we really mean a kind of sentimentality which is an ally of delusion. It's a little bit like taking vaseline and putting it on a camera lens so that everything is in soft focus. We can't see the hard edges, the difficulties, the pain, the suffering. Everything is blurred and somehow unreal.

One of the radical aspects of this teaching is the emphasis on beginning this process of lovingkindness with ourselves. The Buddha said something that is pretty remarkable. He said, "You can survey the entire world to try to find somebody who is more deserving of your love and affection than you are yourself." And he said, "That person will not be found anywhere, that you yourself are more deserving of your own love and affection than anybody." This is not for the purpose of being egotistical or non-inclusive. It's to understand genuinely that this foundation of truly caring for others starts with ourselves. It reminds me of a line by Walt Whitman when he said, "I am larger and better than I thought/I did not think I held so much goodness."

The teaching says that, for a true spiritual transformation to flourish, it cannot be based on a sense of self-condemnation, self-hatred, or self-judgment. Spirituality

based on self-hatred can never sustain itself over the long haul. Generosity that is coming from self-hatred becomes a kind of martyrdom rather than true generosity. Morality that's based on self-hatred becomes a kind of rigid repression, trying to hold ourselves in. Without this foundation of developing love for ourselves, there is a painful and fruitless search for intimacy because we are bringing nothing of ourselves or self-respect to our relationship with others.

Metta is classically taught with three other practices. One of these is the practice of compassion, which is defined as the trembling or the quivering of the heart in response to someone's pain or suffering, rather than needing to push it away or pretending it's not there, or repackaging it into something more appealing.

The next practice is the practice of sympathetic joy. A student of mine remarked how terrible that phrase "sympathetic joy" seemed. How dry and unappealing it sounds, but we don't quite have a phrase in English that matches the Pali or the Sanskrit. In Pali it means when we see somebody else that is fortunate, happy, or successful, we actually rejoice for them, rather than feeling that all-too-common feeling of, "Oh, I wish he were just a little less happy and I would feel better about myself."

The last of the qualities, or meditations, is that of equanimity, which is also difficult to understand because it doesn't mean withdrawal, indifference, sullenness or not caring. It means being at peace. It means being in a state of balance that's based on wisdom, clear seeing, and on being in harmony with the truth of things. It's often talked about in terms of control — recognizing that there are many things we just cannot control. There is pleasure and pain in life, moving outside of our control. We're either shattered by that or deny that or we find peace within that — true peace, that allows us to move forward to give of ourselves and to respond with care and compassion. It's a function of equanimity.

None of these are about trying to pretend something or trying to force a manifestation that seems prescribed. There are many, many forms that love and compassion, sympathetic joy and equanimity can take.

During the time that I was living in India, I was practicing in Bodh Gaya, which is the town where the Buddha was enlightened and I went with a friend to Calcutta. When we wanted to return to Bodh Gaya, there was a riot in the streets and the only form of transportation available to take us to the train station was a rickshaw. Now, in most of India rickshaws are little carriages pulled by men on bicycles, but in Calcutta, they run. We got on a rickshaw and the man started running down some back streets and alleys and as he went through one, an extremely large, drunken man came out of the shadows and grabbed him. He made him stop and then he started pulling me off the rickshaw. I looked around and I didn't see what seemed to

Joseph Goldstein: *Insight Meditation*

me to be a single friendly face and I thought, "This is it. I'm going to be beaten. I'm going to be raped. I'm going to be killed."

And then my friend managed to shove the man away and get the rickshaw driver to start running again. We got to the train station, boarded a train and returned to Bodh Gaya. But I was still very shaken. I went up to one of my teachers, Munindra, and I told him what had happened, and he said to me, "Oh, Sharon, with all the lovingkindness in your heart, you should have taken your umbrella and hit that man over the head with it." There's that possibility too.

Metta is a phenomenal practice to open and purify our hearts. It is not a weakness or self-abasement, but an incredible power. From that understanding, we can see all of the possibilities and potentialities of manifestation of being.

Joseph Goldstein begins to speak.

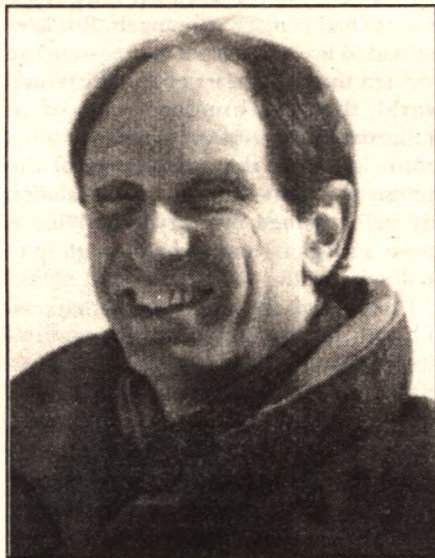
Joseph Goldstein: I think the essence of the practice and the experience of lovingkindness, and in some way the essence of the spiritual path, is cultivating and developing a sense of inclusion, rather than separation. This is expressed really beautifully in a Japanese haiku poem by the poet Issa, where he said, "In the cherry blossom's shade, there's no such thing as a stranger." In just a few words, it describes that sense of inclusion. No one left out.

It's interesting to see how the lovingkindness meditation and the insight practices work together to create this sense of inclusion. From the lovingkindness perspective we start with ourselves and then start sending loving feelings — and there's a form or practice for this — towards the ones that are closest to us, the ones we love, our friends, our family, then to neutral people, to difficult people and finally, we spread it to include all beings.

There's a tremendously important lesson to learn when we get to neutral and difficult people and we start trying to wish them happiness. It happened to me as I was doing this practice in India when I was supposed to do it towards a neutral person. At first when my teacher said this I didn't know what he meant. I said, "Well, what's a neutral person?" He said, "Well, just pick somebody around that you don't have many feelings about, one way or another." I started to send loving thoughts and feelings toward an old Indian gardener in the little ashram or monastery where I was staying, somebody I had seen every day for years and I had never given him a moment's thought. Now, that itself was a shocking discovery for me to realize that there was a whole class of people, of beings, who I had no feeling about. Just to see that and to become aware of that was very fruitful. And then I started doing this practice, every day, all day long, thinking of this person, this old gardener, "May he be happy. May he be peaceful. May he be healthy. May he live in safety," over and over again. I started having these incredibly warm and loving feelings towards this person. And every time I saw him in the

compound, my heart would light up. My object of love would appear. The great lesson was the understanding that how we feel does not depend on the other person, it depends on us. We can actually have loving feelings, not only with neutral people but even, with practice, towards people that are difficult for us and then extending it out.

That's how the sense of inclusion begins to happen through the lovingkindness practice. From the side of insight practice, there's another process that goes on. That is the process of understanding



that everybody is included because we see that there's no one here to keep anybody out. It's the understanding in the Buddhist teachings — the understanding and the realization and the experience of selflessness, that the notion of self, of I, is the basic illusion that we live in. The practice of insight, the practice of awareness, is about seeing through this illusion.

The fruit of it is summed up very succinctly, by one Sri Lankan monk when he said, "No self, no problem." That's the fruit of insight meditation.

Question from the audience: Sharon was talking about starting the practice through loving yourself and you said that there really is no self. How does this fit together?

JG: This is a really important question. It's very important to understanding that there are two levels of truth or reality: the relative level—the conventional level, and the more absolute level. On the relative level, there is self. As separate individuals, we send lovingkindness to ourselves, to other people, to other beings. This relative world is basically the world we live in most of the time.

There is a more absolute level where we understand that the idea of separate self is a concept and we begin to experience something underneath that or beyond that. As an example, consider this podium. We all see it and we can rest some books on it and we have a pretty good sense of what it is. If we looked at it through a high-power microscope, it would be a whole different reality. We'd see mostly empty space. On the relative level, there's something solid here. On the more absolute level, there isn't. Both are

true. And in our practice and in our life, we need to incorporate or merge both of these levels of understanding.

Sometimes people get attached to the level of emptiness and that's another spiritual trap because from that perspective nothing matters. It's all empty. The trap is that people don't take responsibility for their actions. A genuine spiritual path brings the realization of both levels together.

Q: I sense a great deal of resistance in myself with regards to lovingkindness practice. It seems to bring out hostility in me and I don't see its value for the rest of the world. What is the value of the practice?

JG: The practice might do something for you. As we begin to loosen the constriction in our own hearts and come increasingly from a place of inclusion, we certainly feel a lot better because we're not holding that tightness or defensiveness in ourselves and it does affect other people. When you're around people with a lot of negativity, a lot of anger, a lot of hatred, how do you feel? You don't feel great being in their presence. When you're around somebody who's very loving, who's very generous, how do you feel around them? You feel great. When we develop those qualities in ourselves it affects the people around us.

The practice of lovingkindness can trigger negative responses. Often people will be doing metta and this amazing ill-will will start coming up and they think they're doing something wrong. It's not something wrong. It's actually a cooling out process. One of our teachers explained it this way. He said, "If you have a bar of burning hot metal, and you drop a drop of cool water on it, which cools it a bit — TCHOO — and then another drop — TCHOO. After some time the metal cools off and when you drop the water

(continued on page 10)

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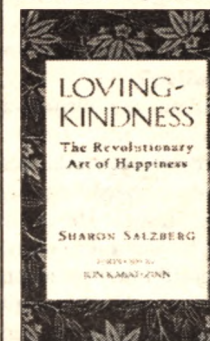
Lovingkindness

The Revolutionary Art of Happiness

By Sharon Salzberg

\$18.00. 193 pp. cloth.

ISBN 1570620377. Shambhala



Happiness may seem to be a matter of chance. Some days we are happy and some days we aren't. It might also appear to depend on what we "have".

We assume that something out there will make

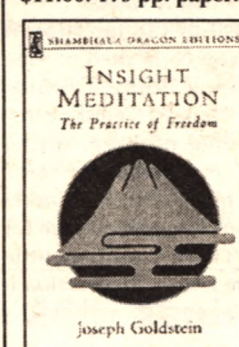
us happy, even though it turns out that having one thing leads to wanting another. The revolutionary message of this book is that we actually can be happy, and that it is an art (or possibly a science) that we can master. This book convincingly presents this understanding of life and a series of exercises through which we can give birth to *Lovingkindness* within ourselves. In fact, we may discover it to be the true expression of our being, while our sense of isolation and being at odds with the world is actually an illusion. It is easy to say that we can be good and happy people and build a better world, however, the teachings and meditations in this book make it very clear why and how this is possible. Salzberg also explains how *Lovingkindness* ties in closely with Buddhist teachings on meditation, awareness and karma. It is wonderful to encounter this American teacher who has thoroughly practiced a spiritual tradition and begun to speak in her own voice, with both warmth and insight. We hope that many readers will appreciate this fine book.

Insight Meditation

The Practice of Freedom

By Joseph Goldstein.

\$11.00. 179 pp. paper.



ISBN 1570620253. Shambhala.

We highly recommend this guide to the practice of Buddhist meditation. It grew out of Joseph Goldstein's two decades of leading meditation

retreats and consists of his responses to the questions most often raised by his students. Remarkable for its simplicity and clarity, *Insight Meditation* covers the Buddhist understanding of reality, how to meditate, freeing the mind from habitual thoughts and emotions, Buddhist psychology, and karma. Finally, it discusses how to carry meditation practice into all aspects of life. While it will prove inspiring to those already involved in Buddhism, it can especially be recommended as a readily understandable introduction that covers the main points of this path to lasting happiness and freedom.

(continued from page 9)

there's no — TCHOO. The metta is very much the same way. Each phrase of lovingkindness, if there's a lot of stuff in there, can set it off. But as it comes up and we let it go, we drop another phrase of lovingkindness — TCHOO — explosion, another one, another one, until finally the heart cools down. This practice is doable. But it takes doing it.

Q: Do you have any tips on how to establish a daily practice?

JG: If you have problems establishing a daily practice, you are not alone. However, I have a sure-fire method. It's from a New York guy who was leading this very hectic, busy, crazy lifestyle. He really loved the practice and he wanted to do it, but he said he never found time. He came up with a solution which worked beautifully for him and everybody I've recommended it to. He made the resolution that everyday he would at least get into the meditation posture. That's all. The commitment was to at least get into the posture everyday. What he saw, and what so many people have seen, is that the problem is not continuing to sit once you're sitting but it's getting yourself to sit. And yes, you can get right up.

Q: Living in this evil-filled world and trying to find a sense of balance between our achievements, goals, desires, and practice, how do you decide where you are? Is it an issue of attachment that we're speaking about as opposed to just sitting and doing nothing?

JG: There are a couple of levels to your question. The first level is the assessment of our life choices. The key element in assessing our life choices is looking at the motivation behind them. The very same action or choice can be motivated by different things. And so we have to take a very honest look: are we motivated by greed, anger, by fear? Are we motivated by wisdom, by compassion, by love? The very same actions can come from those different places. We want to take a look at the motivation and that becomes the basis for the choices that we make.

The second level to the question is interesting, where you contrasted making life choices to sitting doing nothing. There's a Chinese saying, a Taoist saying: "Sitting quietly doing nothing, spring comes and the grass grows by itself." There is a certain quality of doing nothing which is an internal making space for things to unfold. There's another little Taoist phrase where it says, "Non-action is not inaction."

Q: In meditation, strange emotions and feelings come up. Where do they come from and what do you do with them?

JG: The meditative process is not about figuring out where these feelings come from. That's not what's done or recommended. Although sometimes insight happens, such as, "Oh, yeah, this is conditioned by some event in my childhood," that's not the aim of the practice. It's not analytic. It's not, "Where did this come from, where did that come from?" It's more a question of being aware of the feeling, the emotion, as it arises and noticing how you're relating to it. Are you caught by it? Are you in the grip of it? Or are you feeling it in a free way? It's just washing through and if the circumstances are appropriate, it's acted on.

Carlos Warter

(continued from page 7)

When I was working in South America, I noticed that the people taking my workshops were obviously those who could afford it. So I created a foundation called "The Drop of Honey" where people who had done workshops could go into orphanages, prisons and nursing homes and transfer energetically what they had learned.

Over a period of about five years, we worked in eight countries, going into orphanages, working at being present, activating the soul identity. Not activating the soul, but the *identity* of the soul. We worked with young "orphans" who ultimately realized they were eternal beings expressing a condition in which they could learn something. They learned to go to nursing homes and other orphanages to wake up people. More than 300,000 people got affected in four years in a wave of sharing presence. That was inner work. For me, for them—for the participants and the receptors.

We were stopped by the military dictatorships who thought we had political aspirations. As soon as the social service is threatened with redundancy, what happens? They stop us. But we moved to another place and continued to work.

Your soul, and what you are is a unit. When that unit is realized consciously, there is a synergy of purpose. It is not personal, but *trans*-personal, because it has very little to do with taste, or aspirations, or anything like that. It has to do with breathing together, in the next instance of existence, as a whole. Maybe we'll become so accelerated through light into other dimensions of being that this work will finally be considered like playing in a sandbox. But we're not going to be accelerated if we do not take care of our holiness, of our health, and our totality. I can meditate, you can meditate. Both of us can experience bliss, but what about the woman sitting next to me? Is it my business? Absolutely. I live in the same dimension with her and she lives in other dimensions with me. If she's not aware of that, then we are missing the encounter at the highest level of possibility.

It's even more important to remember the source of ourselves than our past lives. I know there's a lot of attention on past lives today, and it's because there has been so much suppression. It's an antidote for the sin that nobody has spoken about these things for a thousand years. Now everybody speaks about past lives.

A few years ago I spent time with the Dalai Lama and I asked him if he remembered his previous *edition*—currently he's in the fourteenth edition of himself. He said, "When I was small I would have visions, but now I'm too busy!" He's so busy being present with the totality of being that the anecdote of what happened before he came into this world is not so relevant.

The essence present in a past life is represented as the same essence in this one. We have gone through an awareness expansion—everybody's aware, everybody's nosing around everything. There's some incident in Somalia, and we're on CNN nosing around, becoming aware. But the next step is becoming aware of the essence that is substantially eternal in us. We already explored that there is life on the planet and outside of the planet.

Now, how about exploring if there's life inside?

Having an awareness of the fifth dimension makes you live your life there. We are more than a holy trinity, we are a *quintessence*. Yet through thousands of years of theocratic suppression, the most we have acquired in our understanding is about trinity. It's terribly wrong when we think that all we are is matter. We have materialized the identity of the soul and that makes us deal with social circumstances in the most brutal way. When we're building more prisons to contain unmanageable people, I wonder if this is the planet of the apes or planet ape. Clearly there needs to be a more responsible activation of ourselves.

Sixty seven percent of America believes that there are angels in communication with us. During the so-called Dark Ages, *everyone* had contact with angels. But later we had to learn to master matter—and we had ten thousand years of an agricultural world, then two hundred years of an industrial world. Now we have to reach a point in which the advantages of the industrial and the information revolution are being gained by everybody. What is more, such gains have to be through spiritualization of the planet.

I think that everything that is happening with the technology of communication is about building the nervous system of the planet. What is more impressive in this part of the twentieth Century than the information networks? But, what are we putting on the networks? Rubbish!

There are two kinds of language: transactional language and inspirational language which is used in prayer and silence. If you are happy, you can vibrate your pleasure for those who are unhappy. When you live your life in dedication, your heart opens up to a point where you enter a process of devotion. Your determination and your consecration grows. And it doesn't grow separate from mine because we're in one force-field. We are all together, and we can transmute it for all those who are suffering.

Last summer, my wife almost died in childbirth, our baby was premature and I didn't have medical insurance. I had to drive all over because there are no medical services where I live and my car got flat tires! I was in physical discomfort and emotional discomfort and mental discomfort. Yet I was in bliss. My bliss body's always in bliss. A friend who assisted with all this told me "We majestic beings, are working as physicians by the grace of the almighty totality of the system, in full power and knowledge and information, and on the salvation of the third-dimensional manifestation called the body of your wife." A different language, takes you to a different place. At the same time I was heartbroken I was also in bliss.

It's true that some people need to be corrected. They can be corrected synergistically with medicines, with homeopathy, with therapy, with listening or with screaming at them. If you're not attached to being a third-dimensional entity, you can use anything in the third dimension. You can use acupuncture plus Prozac. Yet everything is to be used with certain discernment in case it creates a new identity. It's all a matter of an identity.

Let me address identity and country. The purpose of nation-states is for trade. Some countries have suns and some countries have moons, some countries have bananas and some countries have

fruits. I asked various people at the U.N., "Countries trade through the computer and instantaneously decide on the price of the exchange and the delivery, so why do we still have a need for a separate identity?" We're stuck to a false identity, whether it be on a religious, or personal, or a professional basis. We are eternal beings, and one day we will create the conditions for a society of souls.

Some of us have meditative fourth-dimensional experiences which makes us believe we're very special. We try to bring it back here and we cause a religious war. The truth is we need to become a unit which is neither third-dimensional or fourth-dimensional.

This is not just esoteric. Physicists today have defined, through super-strength theory, a ten-dimensional universe. I don't know what the sixth, seventh, eighth, ninth and tenth dimensions look like, but I have a very clear grasp of what the fifth dimensional reality is and it has nothing to do with surviving. We have to wake everybody up so that we can all see that we have it made. The more we fight for survival, the less survival there is because we end up creating a stressful and distressing life.

In my training with the Sufis I learned how to de-program addiction from false identity. There are very specific spiritual exercises, which help you recognize for *yourself* what is false and what is true. Somebody else cannot tell you. Then you have to reinforce what is true. Years ago people would go to EST seminars to be destructured but would come out psychotic because there was no nourishment for their *personal* truth. It's a matter of shaking oneself up and destroying the notions about yourself from the inside.

What is false is really what is not present. In the mind of someone who had something happen this morning—it might have had a pleasurable or a painful effect — is the memory of that event at a later moment. The problem is that the individual is still stuck in that experience. At the time it was true but now it is false. For example, yesterday I was with Louise Hay and we did some gardening together. If I left her house and came here today convinced that I'm still a gardener—even while I'm doing something else—then I am stuck in my identification with that past experience. And I end up defending my identity, even though to you it may be obvious it's false.

If I have no place for my true inner reality, I will kill for that identification. What do you think wars are? My children challenge me every day not to treat them as the babies they once were and I have to shift, constantly. In five and a half years, my child had never had a haircut but then she decided she wanted one. She looked beautiful with her long hair, like Lady Godiva. But boom—I had to let go. She is a girl that makes her own choices.

There has to be a reinforcement of the essence. Modern therapy works on cutting away the dysfunction in us, but true healing needs to reinforce that which is authentic as well.

Imagine what would have happened if as a baby you were told, "You are an eternal being here to experience absolute love and to affect your environment through the giving of your powerful resources," instead of, "Hey, you are French and you better behave"? It's a shift. And the doorway — which is love — is the beginning of the journey.

AFRICAN AMERICANS, ANGELS & ANIMALS

African-American Religions & Culture

The Black Folks' Little Instruction Book

By Denise L. Stinson
\$6.95. 134 pp. paper. ISBN 038547623X.
Doubleday

Denise Stinson's collection of valuable advice for black people embraces and celebrates the ideals, mannerisms, peculiarities and uniqueness that identify black culture. This book remembers history and is respectful of tradition. It points out the good and glorious, the sad and shameful, the sordid yet savory stuff of life. The advice is full of humor, intelligence and love. The book contains 350 pieces of advice covering every aspect of life such as "Know how to bake a good sweet potato pie." "Question anyone who wants to be your leader, black or white." "Listen to and monitor the lyrics of popular songs that your children sing." "Allow yourself the pleasure of daydreaming." Denise L. Stinson was a newspaper and magazine journalist for fifteen years before becoming a literary agent. She hopes that the *Black Folks' Little Instruction Book* will create its own perestroika, heralding an open season for open black expression.

Black Pearls for Parents

Meditations, Affirmations, and Inspirations for African-American Parents

By Eric V. Copage
\$10.00. 387 pp. paper. ISBN 0688130984.
William Morrow

In his introduction to *Black Pearls for Parents*, Eric V. Copage writes: "In the everyday whirl of housekeeping, making a living, and dealing with the myriad demands of life, it's easy, even for the most conscientious of parents, to allow the daily process of raising children to become a blur. *Black Pearls for Parents* is a daily reminder to help bring that process back into focus." Eric V. Copage has created a book of inspirational thoughts, practical advice, and pearls of wisdom specifically for African-American parents. From the daily inspirations, the author suggests meditations and specific actions that will provide guidance, comfort, and inspiration to African-American parents as they deal with the pressures and joys of raising children in today's world. Eric V. Copage is the author of the instant best-seller *Black Pearls*. He is an editor of *The New York Times Magazine*.

In the Spirit

The Inspirational Writings of Susan L. Taylor
By Susan L. Taylor

\$9.00. 110 pp. paper. ISBN 0060976454.
HarperPerennial

In the Spirit contains twenty-two essays by Susan L. Taylor written for her monthly editorial column in *Essence* magazine. It is one of the most popular sections in the magazine. The essays span the years from



1981, when Taylor became editor-in-chief of *Essence*. Susan Taylor writes passionately about what she has seen and learned in the course of her travels throughout the United States, the Caribbean, and Africa. Her essays have helped many to balance the demanding world of work and business with the personal world of family and friendship. She shares bits of her own life—her loves, her trials, and triumphs—and the lessons she's learned. This elegantly bound paperback edition makes a wonderful gift for any occasion.

Angels

"Angels, whether inhabitants of heaven or earth, are a guiding presence in our lives. They give us confidence, comfort us and help keep us safe."—Angels are Forever.

Angels are Forever

Compiled by Esther L. Beilenson
Illustrated by Jenny Faw

\$4.95. 40 pp. cloth. 3 x 4 inches.
ISBN 0880887877. Peter Pauper.



Imagine a small book, beautifully illustrated, with heartfelt quotes about angels drawn from literature, religious scriptures, and current day angelologists. This book is it. It even includes a 24K gold-plated angel charm that can be used as a bookmark. Let these words inspire you to reach out to your guardian angels and experience the joys they can bring.

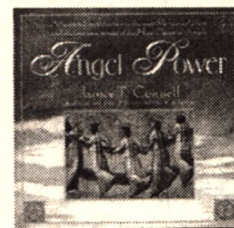
*So in a voice, so in a shapeless flame
Angels affect us oft, and worshipped be.*

—John Donne

Angel Power

A beautiful introduction to the invisible heavenly host and the immense power of the Nine Choirs of Angels

By Janice T. Connell
\$12.00. 329 pp. paper. ISBN 0345391233.
Ballantine Books.



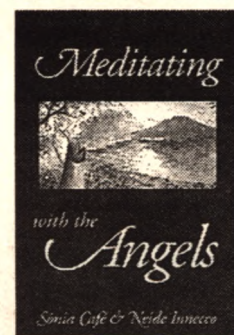
Weaving her own personal angel experiences together with angel prayers and with true angel stories she has been told, the author teaches us to open ourselves to angelic guidance, support and protection. Here we learn about the special tasks and responsibilities of the Nine Choirs of Angels. The Seraphim, Cherubim and Thrones are angels of goodness, love, and wisdom. "They wait for us to speak to them night and day." The Angels of Dominion are angels of leadership; they guide our decisions. From the Virtue Angels flow miracles of healing, comfort, and peace. The Power Angels are special warriors against evil and defenders of goodness. The Principalities, Archangels and Angels are "Angels of the World;" they administer our planet. By illuminating

each Choir's special powers, the author enables us to draw upon its particular, radiant light. The book contains a section of daily meditations, endnotes, and selected bibliography. Illustrated.

Meditating with the Angels

By Sônia Café

Illustrations by Neide Innecco
\$7.00 79 pp. paper. 4 x 6 inches.
ISBN 0877288127. Samuel Weiser.



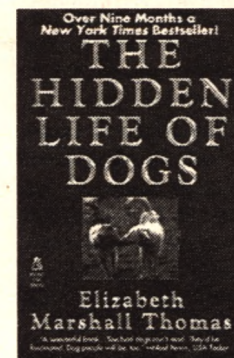
The purpose of this small charming book is to inspire you to tune in to the Angelic Kingdom and invite the Angels to participate in your life. Here they are represented by keywords or qualities that can be a source of inspiration when you are facing a question, or need to clarify some fact, action, or situation in your life, or when you wish to meditate on a quality that you would like to see manifested in your life. As you open the book, you will find an illustration in full color representing an Angel and the quality that it brings, a short passage for reflection, and an affirmation. It also has lists of angels, definitions, colors, days of the week, signs of the zodiac, and the celestial hierarchy.

Animals

The Hidden Life Of Dogs

Elizabeth Marshall Thomas

\$5.99. 149 pp. paper. ISBN 067151699X.
Simon & Schuster (Pocket Books)



Here is a wonderful book about dogs: their needs, emotions, intelligence, wiles, lovingness, and ultimate essence of dogness. This book was a *New York Times* best-seller for over nine months. Thomas is an anthropologist who has written a classic study of the !Kung Bushmen of Southwest Africa plus two novels of Paleolithic hunter-gatherers of Siberia. The author has a gift of being able

to observe, to get into the skin of the subject and touch their inner being. Since so few of us can do that with animals (or anything else), and so many of us have dogs, this book is a joy in that it makes us look at our dogs with different eyes. The author watched and followed her dogs around for thirty years with the eye of the scientist and the affection of a kindred spirit. Her book lets you understand your dog(s) and their world, and lets you see them with perhaps greater insight and compassion.

The Intelligence of Dogs

A Guide to the Thoughts, Emotions, and Inner Lives of our Canine Companions

Stanley Coren

\$12.95. 271 pp. paper. ISBN 0553374524.
Bantam Books



Have you ever wondered what your dog is saying with its wide range of barks, growls, howls, and sighs? What do those different positions of the tail mean? What about the variety of wags—fast, slow, slight,

broad? This book explains it all. There is an IQ test for your dog, plus methods to improve his or her IQ. Best of all, when you appreciate what's going on inside your dogs' head and what and how they communicate, you will share and understand their feelings and emotions. There are lists of different breeds ranked for obedience and working intelligence, along with suggestions for the best dogs for families, security, hunting, and companionship. The chapter on the natural history of dogs which includes speculation on the origin of the modern dog is particularly interesting. The author is a psychology professor and prize-winning dog trainer.

Animal Happiness

Vicki Hearne

\$12.00. 238 pp. paper. ISBN 0060926066.
HarperCollins Publishers

Vicki Hearne is a poet, philosopher, and animal trainer. This book is a series of anecdotes and stories that were pieces in the *Los Angeles Times Magazine*, *Harpers*, and other magazines. Within these snapshots, dogs, cats, fish, turtles, and birds come alive with the feeling of one who

Bodhi Tree Bookstore 25th Anniversary

Dear Friends of the Bodhi Tree,

Many believe humans reincarnate until the wheel of life has turned completely. Perhaps bookstores have past lives. If so, ours must have had it's source in ancient libraries of wisdom, in old English bookstores, and in the devotion of the wise ones to pass down their words to those that follow.

The community has honored us with their patronage and loyalty. We hope that many more years of this precious, fulfilling exchange can follow.

Lately, many authors and speakers have had a forum to present themselves and their ideas to the community, and we have all benefited from this exposure.

This is deeply satisfying to all that work and have worked here. We thank you, our patrons, for giving us these many years the experience of a pleasurable vocation and an opportunity to add sustenance to so many souls.

To celebrate our anniversary, we will be offering refreshments, prizes, entertainment, and discounts. Please come join us. We will be celebrating on July 9th, Sunday through July 11th, Tuesday.

AROMATHERAPY & ASTROLOGY



enters a creature's heart and shares its joy. The author's writing is just wonderful, the poet joined with the animal trainer or companion. The animals are full of life, they mock, grieve, tease, and love without

sounding silly or contrived. Their "happiness" is a reflection of their great gift to be able to live in the present, which they share with those who love and appreciate them.

Aromatherapy

The Aromatherapy and Massage Book
By Christine Wildwood
\$16.00. 128 pp. paper. ISBN 0722529759.
Thorsons



It couldn't be clearer or more accessible. This large format, colorfully illustrated introduction to aromatherapy, massage, and the use of aromatherapy in massage is the ideal source-book for lay practitioners. Essential oils can be used in a variety of ways for healing or pleasure but they are most effective in massage. You don't need to be an expert to get the best from the art. Here is step-by-step guidance on a full-body massage routine accompanied by illustrated sequences, as well as advice on massaging babies, children and elderly people. There are plenty of ideas for some wonderful aromatic blends and straightforward profiles of essential oils, along with a therapeutic cross reference chart listing the oils recommended for the treatment of minor ailments. Aromatherapeutic massage stimulates the body's natural defenses and creates favorable conditions in both body and mind for bringing our self-healing ability to the fore.

Lavender Oil
The New Guide to Nature's Most Versatile Remedy
By Julia Lawless
\$7.00. 130 pp. paper. ISBN 0722530315.
Thorsons



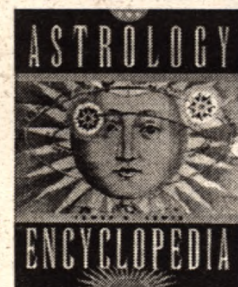
The tough and resilient lavender plant has been cherished by all cultures, not only for its fine fragrance but also for its valuable medicinal properties. Although lavender oil has been used in clinical aromatherapy (principally in France), and aromatherapy massage (principally in England), it has mainly been used as a household remedy throughout the world. Lavender is a very safe oil which can be used easily for first-aid purposes as well as for a wide variety of common problems such as skin complaints,

respiratory disorders, muscular pains and children's illnesses. Its classic floral fragrance lifts the spirits and its soothing anti-depressant properties are ideally suited to the stressful climate of late-20th-century life. Here, in a practical, pocket size book, are all the ways lavender oil can be employed at home. Try it as a soothing folk remedy, a holistic beauty aid or a gorgeous perfume.

Lavender Basic Botanical by Tifferet: \$7.95 (1 1/2 oz bottle. ISBN 9990133158) and Lavender Perfume by Tifferet: \$7.95 (1/6 oz bottle. ISBN 9998073724)

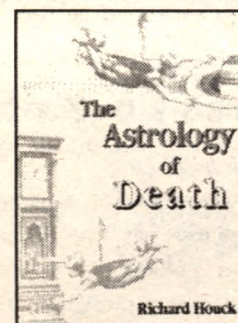
Astrology

The Astrology Encyclopedia
By James R. Lewis
\$19.95. 603 pp. paper. ISBN 081039460X.
Visible Ink



Here's a practical manual for acquiring a complete understanding of astrology. There are at least three levels to the book. The first walks the student through the basics—the signs, the planets, how each sign is ruled by a planet. It includes notes on the houses, relating each of the signs to each of the houses. And it concludes with the ascendant, the aspects, the asteroids, and Chiron. In the next level Lewis goes further to guide readers in understanding the more subtle dynamics of this complex science. It involves the subdivisions and branches of astrology—namely transits, electional astrology, solar returns, progressions and directions. Finally, he discusses the branches of astrology, such as mundane astrology, horary astrology, medical astrology, heliocentric astrology, astrotherapy and so forth. Interspersed with all this information are notes on everything from the age of Aquarius, business astrology, Nostradamus, Numerology, the words of the Skeptics and much more...

The Astrology of Death
By Richard Houck
\$21.95. 388 pp. paper. ISBN 0964161275.
Groundswell Press



Not for the novice, nor for the timid, *The Astrology of Death* is possibly the best astrology text to date on the subject of death besides being a treasure chest of predictive techniques and penetrating astrological insights. Houck uses all kinds of valuable astrological tools. There are natal and prenatal eclipses, transits, secondary progressions, Hindu dasas and bhuktis (planetary periods and subperiods), stationary planets, catabolic planets, and so on. The result is extremely enlightening. His lively analysis of every variation of both expected and unexpected deaths is technical but clear as he reveals and validates numerous unseen patterns and hidden clues unrelentingly common to the over 100 demonstrated cases. Did you know that the deaths

of John Lennon and Marilyn Monroe could have been easily predicted in their Hindu birthcharts?

The Handbook Of Celtic Astrology
The 13-Sign Lunar Zodiac of the Ancient Druids
By Helena Paterson
\$15.00. 247 pp. paper. ISBN 1567185096.
Llewellyn

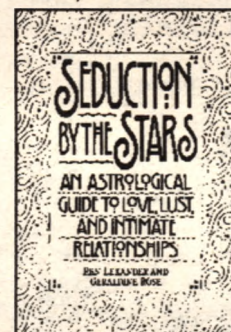
Although solar-oriented astrology has dominated Western astrological thinking for centuries, the Druids of ancient Britain—who lived in the same mists of time surrounding Stonehenge—worked with a zodiac which was lunar based. This



book is a practical, accessible guide to Celtic astrology which references classical mythology and the evolving philosophy and spirituality that influences all religious beliefs. The Celtic world view is a magical one, in which everything has a physical, mental, and spiritual aspect and its own proper purpose. The lunar months are associated with one of 13 sacred trees besides ruling planets. And each signify primeval spirits associated with the gods and goddesses who represent ideal human archetypes. The book also includes information on chart construction, sign division, aspects and the importance of solstices, equinoxes and eclipses.

Seduction By The Stars
An Astrological Guide To Love, Lust, and Intimate Relationships
By Ren Lexander and Geraldine Rose
\$11.95. 247 pp. paper. ISBN 0553374516.
Bantam

Most popular astrology books are geared toward self-knowledge—what makes you tick. This one isn't. It's about teaching you how to handle other people, especially those you might find attractive. Within the covers of *Seduction By The Stars*, you will find why you might be attracted to Libras, how you can get a Leo interested in you, and how exactly to get a Virgo



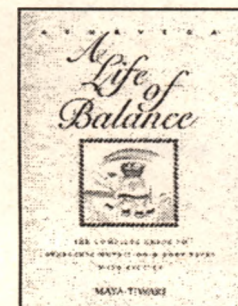
into bed... You see, once interest is provoked, you face the often delicate question of how to move this abstract mental and emotional connection toward actual passion. This book will help. Not only can the more than one hundred seductions move your relationship over the hump of the first sexual encounter, they can also restimulate an existing relationship that might be sagging. Further, here's invaluable tips to resolving the very tricky question of whether the two of you are sufficiently compatible to turn desire into relationship. Don't take it too seriously, but use this book to enter into such *liaisons dangereuses* with your bedroom eyes wide open.

Sun Sign, Moon Sign
Discover The Key to Your Unique Personality Through the 144 Sun-Moon Combinations
By Charles and Suzi Harvey
\$12.00. 566 pp. paper. ISBN 1855381591.
Aquarian



Within each of us are many different gifts, conflicting wishes, pleasures, obligations and ambitions. Charles and Suzi Harvey believe that the first step in recognizing and reconciling these different "selves" is to understand not only our Sun sign but our Moon sign as well. Together they create a lively, sometimes problematic, but always interesting dialogue within us. Like a series of "film clips" this handy book shows some of the main features of 144 Sun-Moon story lines. Since the Sun and the Moon at our birth are the heart and soul of our story, the better we get at knowing them, the more we can affect our lives. There are simple tables to outline the various combinations followed by discussion of the main issues inherent in them. Among others, these include the dynamics of relationships, strengths and weaknesses of each alliance and images for integration.

Ayurveda



Ayurveda
The Complete Guide to Ayurvedic Nutrition and Body Types with Recipes
By Maya Tiwari
\$24.95. 354 pp. paper. ISBN 089281490X.
Healing Arts

Forced by cancer to reexamine her health, Maya Tiwari left a highly powered life in New York to return to her native India to study Ayurvedic medicine. Ayurveda relies primarily on the proper use of foods and herbs to maintain or restore the body's natural state of balance. Her book is a practical testament to this ancient and healthful lifestyle which enhances physical, emotional and spiritual well-being.

Along with **EDITOR'S CHOICE** a comprehensive guide to the Ayurvedic arts, Tiwari expands on the traditional number of body types and on the psychospiritual nature of each. Questionnaires enable readers to determine their own body type and dietary requirements, while selected menus and recipes allow them to choose foods ideally suited to their own constitution. Finally, she shows how wholesome foods and spiritual practice (*sadhanas*) connect us with our primal memory of natural harmony, which reawakens our innate capacity for self-healing.



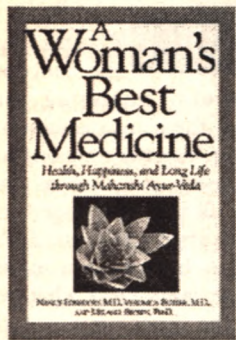
BUDDHISM & CHANNELED MATERIAL

A Woman's Best Medicine

Health, Happiness, and Long Life through
Maharishi Ayur-Veda

By Nancy Lonsdorf, Veronica Butler and
Melanie Brown

\$14.95. 372 pp. paper. ISBN 0874777852.
Tarcher



Two physicians and a research psychologist trained in Maharishi Ayur-Veda medicine apply their combined experience to women's health concerns. Besides an introduction to daily and seasonal eating,

ing, and sleep and exercise routines, they discuss topics such as the benefits of the menstrual cycle; practical ways to enjoy a comfortable pregnancy, childbirth, menopause and the important contribution of nurturing relationships to well-being. As women and as doctors, these

NEW IN PAPERBACK

highly recommend Ayurveda as an in-depth, preventive, self-care program that fully develops and uses a woman's self-knowledge. Questionnaires are provided to assess the reader's personal temperament, body-mind type, emotions and habits for individualized care.

"God bless this book. It's grounding in a meditative perspective and it's appreciation of the feminine lead us to the river to drink of knowledge of the totality of life—the definition of Ayur-Veda"—*Yoga International*

Buddhism

Dhammapada

The Sayings of Buddha

Translation and Commentary by Thomas Cleary

\$6.95. 134 pp. paper. ISBN 0553373765.
Bantam

After failing to resolve his burning questions by following the spiritual teachings



and practices of his era, the Buddha attained an insight into the nature of reality, and inner peace, through his own efforts. He then proceeded to teach the way to this experience of enlightenment for forty-nine years.

The best introduction to his teachings may well be the *Dhammapada*, a collection of poetic sayings on the path to ultimate freedom and happiness. This new translation features the commentary of Thomas Cleary, who explains each passage and provides parallels from other Buddhist teachings and the world's wisdom traditions. Through his numerous translations, Cleary has already played a major role in bringing Eastern spiritual teachings to the vanguard of modern thought in science and business, as well as religion and philosophy. Here he uses his wide learning to show how Buddhism is neither pessimistic nor life-denying; rather it is the way to complete peace of mind through self-mastery. The Buddha's teachings have inspired millions of people to undertake the path of enlightenment. Cleary's translation and commentary will enable English speaking readers to understand these teachings as they are expressed in one of the world's spiritual classics.

Transforming the Mind, Healing the World

By Joseph Goldstein

\$3.95. 51 pp. paper. ISBN 0809134845.
Paulist

Joseph Goldstein has been teaching Buddhist Insight Meditation for two decades. In this small book he relates how his first experience of meditation (lasting five minutes) was a turning point in his life. Nothing dramatic occurred, but he realized that he could actually do it—he could meditate. Similarly, readers of his book may realize that it really is possible to live a happy, balanced life through the practices of lovingkindness, meditation, and awareness in daily life. Ordinarily, we

TRANSFORMING THE MIND, HEALING THE WORLD

JOSEPH GOLDSTEIN

may feel driven by our thoughts and emotions. But through meditation, Goldstein explains, we can see how these thoughts come and go as we begin to experience a sense of clarity and freedom. We are sometimes asked at the Bodhi Tree to recommend a book that introduces the spiritual path. This clear and concise book by an experienced teacher and meditator is an excellent choice.



The Wisdom of the Buddha

By Jean Boisselier

\$12.95. 192 pp.
paper. ISBN
0810928078.

Abrams

This introduction to Buddhism covers its historical and cultural background, the life story and teaching career of the Buddha, and the development of Buddhism during the following centuries. Following the author's text there are a series of documents, including original Buddhist texts and studies of the various schools leading up to the present day. Illustrated with over one hundred color reproductions of Buddhist works of art, this is a very attractive introduction to the way of enlightenment that has been practiced for 2500 years and which is now growing in the West.

Channeled Material

Light Techniques That Trigger Transformation

By Vywamus as channeled by Janet McClure

Edited by Lillian Harben

\$11.95. 147 pp. paper. ISBN 0929385004.
Light Technology Publishing.

The co-founders of *The Tibetan*

Light Techniques



VYWAMUS
Channeled by Janet McClure
Edited by Lillian Harben

Foundation bring us the first of a new level of teachings/techniques based on the *Technology of Light*. Here we learn that Vywamus is a cosmic being who has come among us to serve during these critical, yet marvelous times.

It is the time when humanity seeks to evolve into spiritual consciousness, casting off the outworn "forms" and moving into a greater light, into the New Age. He tells us that he was invoked by Humanity's desire to evolve and came here to make this transition as painless and smooth as possible, and at as high a vibrational level as possible. These teachings explain that Vywamus is a higher aspect of Sanat Kumara, our planetary Logos, who ensouls the earth and all upon it and within it. Vywamus can be equated to the soul of Sanat Kumara. He has chosen to aid mankind through dedicated channels such as Janet McClure and he offers his teachings through classes and personal work, as well as through sound, one of his specialties.

Vywamus says, "I am a spiritual teacher, light energy if you will, who has seen and been inspired to come to the earth by the light energy of your planet...and, through the process of evolution it (the planet) approaches the fourth dimension and thus has awakened responses from the fourth dimensional perspective which is adding light energy to it."

You Are Becoming A Galactic Human

By Virginia Essene and Sheldon Nidle

\$11.95. 238 pp. paper. ISBN 0937147087.
S.E.E. Publishing Co.

Sheldon Nidle has only recently been allowed to present this information to the public. Author Virginia Essene asked questions of Washta, through the medium Sheldon Nidle. Washta is a member of the Sirian Council of the Galactic Federation. The book addresses several major issues such as the photon belt and its effect on the human body, earth's forgotten history, God and Guardianship, the Galactic

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Phyllis Light, Ph.D.

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—Bernie S. Siegel, M.D., bestselling author of *Love, Medicine & Miracles*

by Phyllis Light, Ph.D.
& Telepathic Healer



Seth: Jane Roberts

In 1963 Jane Roberts, an intelligent and somewhat skeptical writer and college graduate, began to receive a series of communication from "an energy essence personality" who called himself Seth. Jane Roberts became one of our first highly regarded channelers. The Seth books are world-renowned for comprising one of the most profound bodies of work ever written on the nature of reality. After her death in 1984, her books slowly drifted out-of-print but were never forgotten. Now, many titles are again available with the addition of some material that has never previously been published.

The Magical Approach

Seth Speaks About the Art of Creative Living
By Jane Roberts with notes by Robert F. Butts
\$12.95. 158 pp. paper. ISBN 1878424092. New World Library.

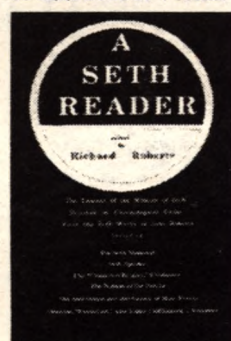


Here we have a Seth Book, that has never been published before! The text was dictated from Seth through Jane Roberts in 1980, but the pressures of Jane's illness and other book projects delayed publication. Jane died in 1984. Now after more than a decade, Roberts' widower, Robert F. Butts, in accordance with Jane's wishes, has succeeded in having it published. *The Magical Approach* teaches us to live our lives spontaneously, creatively, and according to our own natural rhythms.

It also helps us to discover and tune into our natural, instinctive behavior, so by applying the principles outlined by Seth, readers will learn to trust their impulses and discover the highest expression of their creativity.

A Seth Reader

Edited by Richard Roberts
\$15.95. 333 pp. paper. ISBN 09422380150. Vernal Equinox Press.



Psychic investigator and publisher Richard Roberts has selected the essence of Seth's wisdom from the Seth Works of Jane Roberts, including *The Seth Material*, *Seth Speaks*, *The "Unknown" Reality*, and *The Nature of the Psyche*. The selections were chosen as the most thought-provoking and helpful of Seth's words. He covers such topics as the nine "families" of consciousness, the evolution of earth and its creatures, past civilizations, how thoughts form reality, how we "create" our lives from the dream state, the illusion of time, simultaneous incarnations, "probable" alternative selves, unknown realities, the three "Christs," and the eternal validity of the soul. In his introduction, Richard Roberts presents an interesting short history of channeling, including a discussion of other channelers who claim to be channeling Seth since Jane Roberts' death.

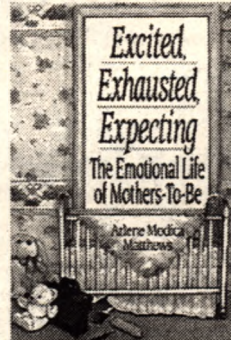
Excited, Exhausted, Expecting

The Emotional Life of Mothers-To-Be
By Arlene Modica Matthews
\$10.00. 202 pp. paper. ISBN 0399518851. Perigee Books

"Pregnancy is a time of profound metamorphosis on every level—on the physical level to be sure, but also on the psychological and on what one might call the 'soul' levels."

—Arlene Modica Matthews

This book helps women deal with the intense emotions that often accompany pregnancy. The highs are higher. The lows lower. Arlene Modica Matthews, a psychotherapist and mother, takes you on a journey through the nine months of pregnancy. She shares her own experiences, relates the personal stories of other



expectant mothers, and offers wise, reassuring advice. She reveals how pregnant women can cope with their changing feelings about their bodies, their husbands and their new roles. Then she explores the profound spiritual changes that often come with pregnancy...and puts things in perspective by explaining how physical changes can affect the emotional state of the expectant mother. Expectant mothers and anyone who wants to be informed will find this book a great aid in understanding the complex life experience of pregnancy.

The Ten Greatest Gifts I Give My Children

Parenting from the Heart
By Steven W. Vannoy
\$11.00. 270 pp. paper. ISBN 0671502271. Fireside



Although this book is a reaction to the problems and decline of our families in society, it wastes no time lamenting any such situation. Rather it's focus is about proven, grassroots, doable, proactive solutions to nurture core qualities and values in our current and future generations. Here are the tools: forward focus, empowering messages, teaching through discovery, willingness to listen, a sense of self worth. And here are the gifts: the gift of feeling fully, self-esteem, compassion, balance, humor, communication, abundance, integrity, responsibility and conscious choice. Steven Vannoy is founder of *The Ten Greatest Gifts* project, which facilitates workshops, seminars and newsletters for conscious parenting. "His concepts are as vital to shaping our children's future as a solid foundation is to building a house."—Doug Klug

Time Out For Parents

A Compassionate Approach to Parenting
By Cheri Huber and Melinda Guyol
\$12.00. 94 pp. paper. ISBN 0961475447. CompassionWorks

As a Zen meditation teacher Cheri Huber teaches people to sit in silence fac-

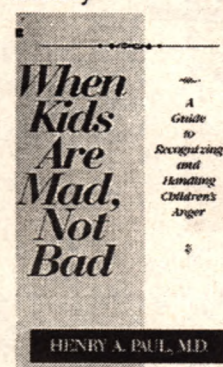
ing a blank wall. The idea is to learn to slow down; to become quiet in mind and subtle in attention. Ordinarily, in the system of controlling children's behavior called "time-out", misbehaving children are isolated, made to be quiet and even required to sit facing a wall. This book is

EDITOR'S CHOICE

about changing the concept of "time-out". Instead of punishing our children by sending them into isolation, she suggests we offer ourselves time-out to discover our own needs and true selves. Parents must have all that they need in order to be good to their children. This practical manual is based on a most important insight: we cannot give what we haven't got. And the more we develop and heal ourselves, the more we will be present in a healthy and loving way in the life and growth of our children.

When Kids are Mad, Not Bad

A Guide to Recognizing and Handling Children's Anger
By Henry A. Paul, M.D.
\$5.99. 243 pp. paper. ISBN 042514680. Berkley



It is not always easy to recognize anger in children. This powerful emotion can take many forms: tantrums in toddlers, hostility and sarcasm in adolescents—or in some cases, depression, compulsiveness, addiction and other problem

behaviors. Parental ignorance of why outbursts happen drives them to discharge their own anxiety, propelling both parent and child into an implacable duet of anger, time and time again. While this practical book is essentially written for adults, Dr. Paul's gentle approach makes it readable by children and teenagers as well. As a psychiatrist, he has treated children and adults for more than twenty years. His guide reveals what makes children angry, what they can do to deal with their emotions, and what parents can do to help. After all, both parents and children can benefit from learning to recognize anger and cope with it constructively.

Children's Literature



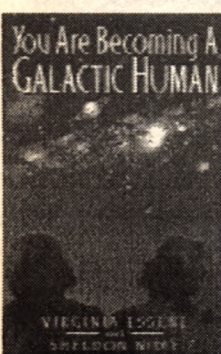
Christopher Stephen Hunter

We would like to introduce to you Christopher Stephen Hunter who was born 12/25/95 to Stanton and Susan Hunter. He is already 22 pounds! Stanton is a long time staff member of the Bodhi Tree Bookstore, in the Receiving Department.

Just Because I Am

A Child's Book of Affirmation
By Lauren Murphy Payne, M.S.W.
Illustrations by Claudia Rohling
\$6.95. 16 pp. paper 8" x 9" ISBN 0915793601. Free Spirit Publishing.

You can strengthen and support a child's self-esteem with the warm, simple



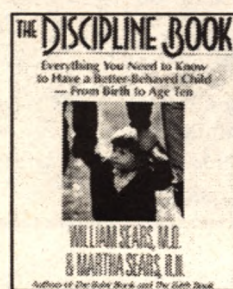
human civilization, and Lyran/Sirian culture and our human destiny. Out of this wealth of material, we are urged to remember three vital points. First, all earth humans will soon experience an incredible shift in their consciousness. Second, this shift in consciousness is part of a great divine plan. Third, through this process, some people will receive incredible physical capabilities of body, mind, and emotions. This book has been delivered to us to describe the impending glorious shift that will make us fully conscious beings.

Childcare/Education

The Discipline Book

Everything You Need to Know to Have a Better-Behaved Child — From Birth to Age Ten
By William Sears, M.D. and Martha Sears, R.N.
\$12.95. 316 pp. paper. ISBN 0316779032

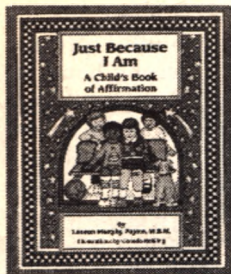
William Sears is a clinical assistant professor of pediatrics at UCLA School of Medicine and Martha is a registered



nurse and certified childbirth educator. Together they have eight children and twenty years each of professional (and personal) experience in raising happy, well-behaved children. With a focus on preventing behavior problems as well as managing them when they arise, the Sears offer practical guidance on everything parents should know about young children and discipline. Most people understand the word "discipline" to mean "spanking" or punishment for bad behavior, but it is actually what you do to encourage good behavior. A parent's objectives should be rooted in helping a child develop inner controls that last a lifetime. Here's word on saying "no", self-esteem as the foundation of good behavior, the constructive use of anger, good nutrition for good behavior and sleep discipline. There's also advice on handling problem behavior, such as sibling rivalry, annoying habits, talking back, lying, and cheating and stealing.



CHRISTIANITY

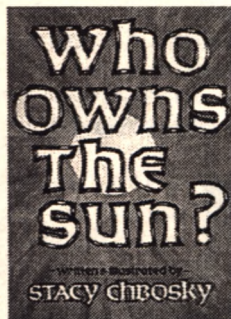


words and gentle illustrations contained in this book. Little ones learn that they are special "not because of things I do, not because of what I look like, not because of what I have ...

Just because I am." They learn to respect their bodies and acknowledge their needs. They name and own important feelings, discover that everyone makes mistakes, and hear that it's okay to say "yes" and "no." This is an appealing, visual book for children that can give affirming, empowering messages. The illustrations are beautiful and very colorful. Ages 3-8.

Who Owns The Sun?

Written & illustrated by Stacy Chbosky
\$14.95. 26 pp. cloth. ISBN 0933849141.
Landmark Editions, Inc.



At fourteen years of age, Stacy Chbosky wrote and illustrated *Who Owns The Sun?* and won *The 1987 National Written & Illustrated By... Awards Contest For Students* in the age 14 to 19 category. This is an outstanding achievement and well deserved for a truly inspired and intelligent piece of work. It is the story of a little girl and her father, who teaches her about

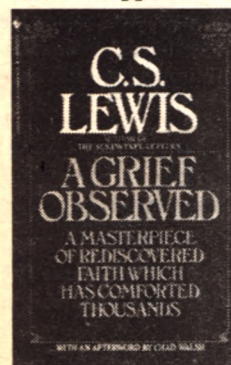
the seasons and beauty—beauty that cannot be owned. The little girl fears that some men do try to own the beauty of nature. But her father reassures her that there are things no man can possess. Stacy Chbosky's illustrations help to realize the story's spirit beautifully. It is delightful story for children ages eight through ten and for anyone who loves good storytelling.

EDITOR'S CHOICE

Christianity

A Grief Observed

By C. S. Lewis
\$5.50. 151 pp. ISBN 0553274864. Bantam



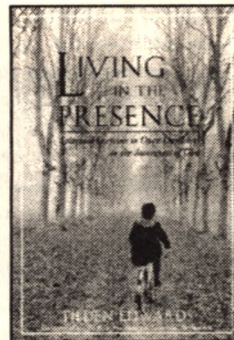
C. S. Lewis lost his wife, Joy, to cancer after only four brief, but wonderful years together. He was furious with God that this should happen to him. How was he to live alone after having known such happiness? How was he to believe that God is good? A devout Christian and learned man, C. S. Lewis made his way through grief by writing down his thoughts and feelings day by day. The pages are filled with words of bitterness, sadness, humor and acceptance. Ultimately he discovered in himself a stronger and truer faith in God, a faith that led him back to living life again with joy and love. *A Grief Observed* will be a comfort and inspiration

to anyone who has ever lost a loved one.

Living In The Presence

Spiritual Exercises to Open Our Lives to the Awareness of God
By Tilden Edwards
\$11.00. 164 pp. paper. ISBN 0060621273.
Harper SF

Tilden Edwards presents twenty-seven exercises in this masterwork of modern spiritual writing to guide all who long to live a contemplative Christian life. Tilden shows that through practice, diligence,



faith and love, one can realize that life. The book grew out of his work as director of Shalem Institute for Spiritual Formation in Washington D.C. where he assists in authentic "spiritual formation"

processes. Spiritual formation refers to the mysterious ways that God seeks to form us in God's likeness through all dimensions of our individual and business lives. Based on his experience, Tilden takes the reader through many dimensions of human living, looking at the ways each of them can be an arena of attentiveness to God and one's true identity in God. The exercises incorporate prayer, posture, breathing, movement, gestures,

EDITOR'S CHOICE

sound and silence with reflection and study—all parts of the process of making one more attentive to the deep Wellspring of one's life. Those who wish to form groups committed to spiritual formation will find this book to be a much needed aid. Forming the spiritual heart is intrinsically a communal process in the Christian tradition. God's very nature is seen as ultimate "Loving Community"; our human nature reflects that image. Edwards says, "contemplating the Presence is our deepest human home and calling; all other homes and callings derive their authenticity from it."

The Way To Love

The Last Meditations of Anthony De Mello
By Anthony de Mello
\$6.00. paper. ISBN 038524939X. Bantam

The Way To Love contains the last thirty-one meditations written by Anthony de Mello. Each meditation is several pages long and each is preceded by a Gospel quotation. Much of de Mello's focus is on the act of seeing. "Love springs from awareness," de Mello insists. The act of seeing is the way to true love or seeing without illusion. Illusion and attachments are the main barriers to love. Once one sees without illusion, one realizes that attachments are obstacles to love and are not necessary for happiness. These meditations will open your



heart and eyes so that you can experience freedom in loving.

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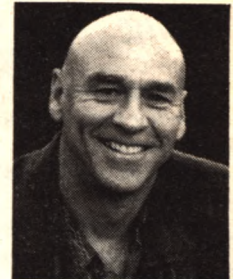
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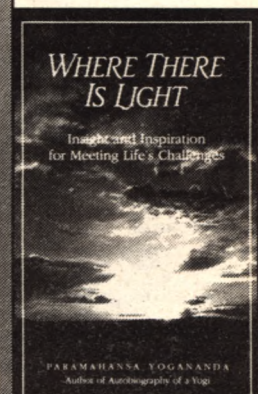
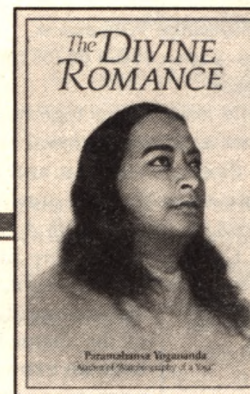


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AUTOBIOGRAPHY OF A YOGI A classic of metaphysical literature, this fascinating account offers profound insights into the essential truths underlying all religions and all life. 604 pages, 54 photos, paperback. ISBN 0-87612-079-6. \$4.50

THE DIVINE ROMANCE — Now in Paperback Contains over 40 inspiring & thought-provoking talks, offering something for everyone interested in self-improvement and spiritual development. "A welcome continuation of the work of this spiritual pioneer" — Leading Edge Review 488 pages, quality paperback. ISBN 0-87612-241-1. \$11.50

WHERE THERE IS LIGHT Gems of inspiration and insight arranged by topic and indexed for easy reference. "Yogananda's thoughts are charged with down-to-earth advice." — The Book Reader 216 pages, quality paperback, ISBN 0-87612-276-4, \$4.50

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FOUNDED IN 1920 BY PARAMAHANSA YOGANANDA



COOKING, C.I.M., DEATH & BEYOND

The Way To Love is a thought provoking collection of meditations to be shared with friends. Anthony de Mello was a Jesuit priest and the director of the Sadhana Institute of Pastoral Counseling in Poona, India. He died in 1987. "The most painful act the human can perform is the act of seeing. It is in that act of seeing that love is born."—Anthony de Mello

Cooking

The Bold Vegetarian

150 Innovative International Recipes
By Bharti Kirchner
\$16.00. 286 pp. paper. ISBN 006090560.
HarperPerennial



Bharti Kirchner proves that ingredients need not all have the same passport to be eaten together with scrumptious effects. Hers is a book of true fusion cooking that will appeal to both committed and starter vegetarians as well as anyone who appreciates delicious and inventive food. In her hands dishes from Vietnam, Portugal, and Turkey become accessible, while favorites from Italy, France, China and India are rejuvenated through contact with foreign but complementary flavors. How's this for a Sunday dinner menu: Sweet Potato Bisque (Caribbean), Thai Tortellini (Thailand/ Italy), Bok Choy in Miso-Tamarind Sauce (China/ India) and Almond Pear Tart (International). Or try this for a summer brunch: Spanish Egg-Potato Omelet (Spain), focaccia bread (Italy), and Maple Pears (United States). Sound delicious? It is!

The Vegetarian Feast

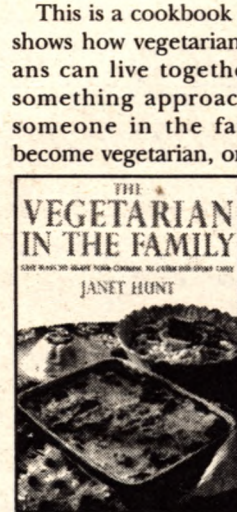
By Martha Rose Shulman
\$13.00. 318 pp. paper. ISBN 006-0913290.
HarperPerennial



Based on the principles put forth in Frances Moore Lappe's *Diet for a Small Planet*, which advocates eating low on the food chain for maximum nutrition, here's the book which M.F.K. Fisher called "By all odds the best vegetarian cookbook that has been written. Martha Rose Shulman has an innate sense for flavoring and timing. She knows how much to put in anything she does, and this ranges from cinnamon to timing." All the recipes here are delicious and highly imaginative. The book includes the best of the basics (breads, soup stocks, yogurts and dressings), along with everything you need to set up a vegetarian kitchen. At the same time, *The Vegetarian Feast* does not compromise on the exotic best of Mediterranean, Greek, Indian and Mexican dishes. Shulman's flavorful cuisine is unpretentious enough for everyday dining, yet sure to please the most sophisticated palate.

The Vegetarian in the Family

Easy Ways to Adapt your Cooking to Cater for Every Taste
by Janet Hunt
\$9.00. 223 pp. paper. ISBN 0722528590.
Thorsons



This is a cookbook with a difference. It shows how vegetarians and non-vegetarians can live together in harmony, or something approaching it anyway. If someone in the family has recently become vegetarian, or a growing number of guests coming to dinner turn out to be vegetarian, or if you're becoming concerned about healthy eating and would like to slot in some vegetarian meals in amongst the others—this book is useful. It includes traditional meals, but cooked the vegetarian way; how to cook "match maker" recipes to go with what others are eating, and outlines on how to plan weekly "menus for one" in advance. It's recipes are basic, delicious, nutritious—and interesting—and it's directives are unfussy and sensible, including both metric and American measurements.

Course In Miracles

Gifts From A Course In Miracles

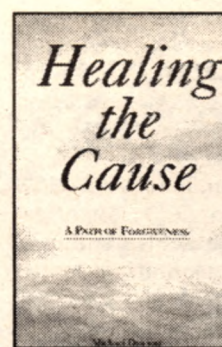
Accept This Gift, A Gift of Peace,
A Gift of Healing
Edited by Frances Vaughan, Ph.D., and
Roger Walsh, M.D., Ph.D.
Foreword by Marianne Williamson
\$14.95. 336 pp. paper. ISBN 0874778034.
Tarcher/Putnam.

This beautiful book brings together the most evocative and inspirational selections from *A Course In Miracles*, and contains the entire texts of three previously published books, *Accept This Gift*, *A Gift of Peace*, and *A Gift of Healing*. The philosophical depth, psychological insight, and spiritual guidance of the *Course* have been an extraordinary treasure of wisdom for millions of readers worldwide since its original publication in 1976. The language of the *Course* is exceptionally poetic and contains a wealth of succinct, powerful, and moving aphorisms. This collection is illustrated with more than 125 black-and-white photographs by award-winning photographer Jane English.

Healing the Cause

A Path of Forgiveness
By Michael Dawson
\$12.95. 159 pp. paper. ISBN 0905249917.
Findhorn Press.

Author Michael Dawson is a healer who draws upon the wisdom contained in *A Course In Miracles* to inspire insights and enhance techniques of healing. It is suggested that this book can also be read as an introduction to the *Course*, in regards to

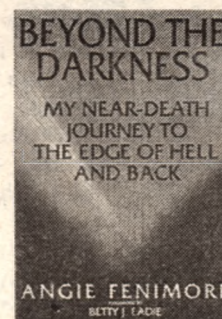


its teachings on sickness, healing, forgiveness and prayer. Through stories about his clients and drawing from *Course* material, Michael Dawson shows us that identification with our body as our home is the origin of all our physical and psychological suffering. As long as we remain separate from our true spiritual identity, we create sickness to reinforce our belief in the reality of the body. To re-experience God's love, joy and peace, we need to begin the process of forgiving ourselves and others. This will allow the presence of spirit to enter into our mind and heal it. From this perspective, the book presents profound insights into causes of disease, and ways of healing ourselves and others.

Death & Beyond

Beyond The Darkness

My Near-Death Journey To The Edge Of Hell And Back
By Angie Fenimore.
Foreword By Betty J. Eadie
\$17.95. 146 pp. cloth. ISBN 0553099663.
Bantam

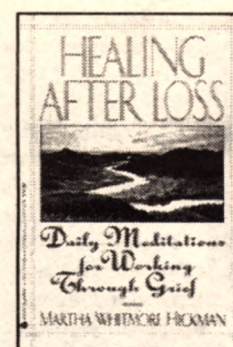


Angie Fenimore recounts her terrifying and miraculous near-death experience in *Beyond The Darkness*. Unlike Betty Eadie and other near-death survivors who were drawn to the light, Angie Fenimore fell into a realm of darkness. On January 8, 1991, haunted by abuse in childhood and overwhelmed by despair, Angie Fenimore committed suicide. Leaving her sons and husband behind, she was hoping to escape her sense of emptiness and suffering and to move toward light. But she found herself in a void. She experienced horrifying visions and profound psychic disconnection. Fortunately, she survived her journey into the void, and by the grace of God, she was granted a second chance. Angie Fenimore says she decided to tell her story because it troubles her that the marvelous stories of love and light of many near-death survivors may entice some who are in great pain to take their own lives. Her own near-death experience shows, however, that suicide does not bring release from problems. She says in the epilogue, "Either we must progress out of our imperfect existence here, or we will take our earthly baggage with us. One way or another we all must learn the hard lessons of life." *Beyond The Darkness* is an astonishing and inspiring chronicle of Angie Fenimore's harrowing passage from ultimate darkness into the light.

Healing After Loss

Daily Meditations for Working Through Grief
By Martha Whitmore Hickman
\$10.00. 368 pp. ISBN 0380773384. Avon Books

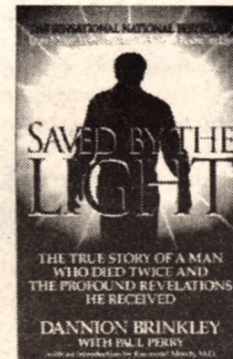
For those who have suffered the loss of



a loved one, this book offers a strong hand and thoughtful words to inspire and comfort. After the loss of a love, there are open spaces left in the mind, and spaces in the days and nights. One grieves for what is no longer there. The process of grieving can go on for a very long time: for years, not for days or months, if the loved one has been close. Some losses—a child, a spouse—are never entirely "gotten over." But one may hope to someday hold the person in one's heart without the overwhelming pain that first accompanies the loss. These 365 meditations contain poignant and empathetic words of wisdom to help us accept loss in our lives.

Saved by the Light

The True Story of a Man Who died Twice and the Profound Revelations he Received
By Dannon Brinkley with Paul Perry
\$5.99. 204 pp. paper ISBN 0061008893.
HarperSpotlight.



In 1975, Dannon Brinkley was talking on the phone when a bolt of lightning hit the line, sending thousand of volts of electricity through his body. His heart stopped, and he died. When Brinkley revived in the morgue after twenty-eight minutes, he had an incredible story to tell. *Saved by the Light* is the

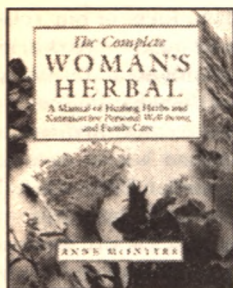
NEW IN PAPERBACK profoundly moving account of this and a second near-death experience—and the resulting spiritual transformation that has completely altered his life. When doctors pronounced him dead he was already traveling toward a crystal city where thirteen angelic instructors met him in a "cathedral of knowledge". Brinkley was told of events that would shake the world, and of the 117 revelations he recalls, 95 have already come to pass. Since his return, he has devoted his life to bringing the revelations he received to people around the world.

Diet & Health

The Complete Woman's Herbal

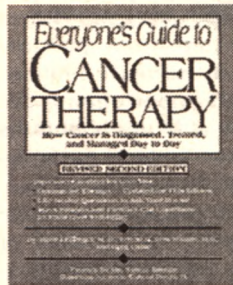
A Manual of Healing Herbs and Nutrition for Personal Well-being and Family Care
By Anne McIntyre
\$25.00. 287 pp. paper. ISBN 0805035370.
Henry Holt

Up until only a hundred years ago it was customary for the woman of the house to prepare medicines from the natural resources around her for the majority of the healthcare needs of her family. The use of herbs reflects our dependence on the plant world, and by using them to redress the imbalances which contribute to our ill-health, we can restore harmony within ourselves and with the world



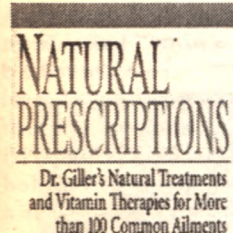
around us. Each herb recommended in this book has a one page profile which discusses both its essential nature and therapeutic benefits. Throughout, readers are given recommendations for dietary measures and herbal treatments for ailments. Anne McIntyre also offers an examination of physical and emotional health throughout our various life stages; practical advice on stress management, first aid, health and beauty; an A-Z dictionary of herbs and ailments, and a directory of herb suppliers. Classically designed, colorful, and beautifully illustrated.

Everyone's Guide to Cancer Therapy
How Cancer is Diagnosed, Treated, and Managed Day to Day
By Malin Dollinger, M.D., Ernest H. Rosenbaum, M.D., and Greg Cable
\$19.95. 714 pp. paper. ISBN 0836224272.
Somerville House



If people with cancer are to become full partners with their doctors and health care teams in their recovery from the disease, then it is critical that they have an understanding of cancer and of the kinds of treatments that might be recommended. *Everyone's Guide to Cancer Therapy* offers an excellent step-by-step guide to this process. It explains what is currently known about the early detection of cancer, how a malignancy develops, how and why the correct stage of the cancer is determined and how each tumor is best treated. The book explains the basis for the many tests all cancer patients must undergo and what to expect from the various forms of therapy. It also outlines the many ways individuals can cope and contribute to their own well-being during the period of recovery. With contributions by top cancer specialists and the full co-operation of the *National Cancer Institute*, this could be a life saving book.

Natural Prescriptions
Dr. Giller's Natural Treatments and Vitamin Therapies for More than 100 Common Ailments
By Robert M. Giller, M.D. and Kathy Matthews
\$14.00. 370 pp. paper. ISBN 0345374088.
Bantam

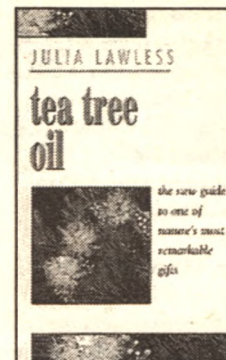


A natural treatment is the best kind—one that helps the body heal itself. Based on his years of practical experience as a doctor as well as on the latest research, Dr. Giller's book explains in crystal-clear terms how to treat yourself with vitamin and mineral supplements, herbs, diet, exercise, and stress reduction. The fact is that natural treatments can be safe, simple, inexpen-

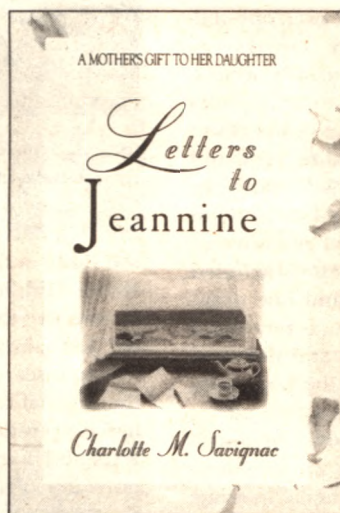
sive and effective. Moreover, they are beneficial to the whole body: the premise being that natural treatments help the body heal itself. *Natural Prescriptions* is designed with a step-by-step treatment plan for each condition, including specific amounts of nutrients and the length of time they should be taken. As one of the clearest and most accessible natural healing resource books around, it should become a natural remedies staple.

Tea Tree Oil
The New Guide To One of Nature's Most Remarkable Gifts
By Julia Lawless
\$7.00. 130 pp. paper. ISBN 0722530323.
Thorsons

Hailed as the "antiseptic of the future," tea tree essential oil is becoming increasingly popular for its remarkable healing properties. It is native to Australia, and was originally used by the aborigines as a natural remedy for a wide variety of health problems. This book demonstrates its effectiveness against three types of invasive organisms—viral



infections, fungal infections and bacterial infections. Julia Lawless proposes that tea tree oil is not only free of detrimental side-effects; it also boosts the immune system by supporting the body's own curative powers. This



LETTERS TO JEANNINE
A Mother's Gift to Her Daughter

Charlotte M. Savignac

Mothers are frequently surprised to discover that the most difficult person to communicate with can be their own daughter. *Letters to Jeannine* was born from a mother's desire to lovingly guide her daughter in a peaceful, non-intrusive way.

For any mother who longs to pass on life's lessons, and for any daughter who wants to hear the lessons on her own terms, this book is a gentle invitation to greater communication, wisdom and trust.

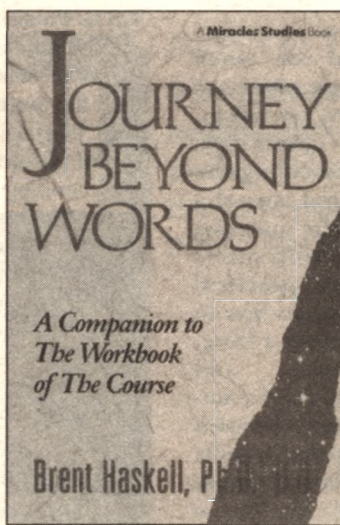
\$12.95, paperback, 192pp. 0-87516-671-7

THE GREATEST THING IN THE WORLD

Henry Drummond

Written in the 1880's, this inspirational classic was naturally done with a masculine frame of reference throughout. This DeVorss edition replaces the male references with terms appealing to both men and women. The result is a personal and heartfelt message that is in harmony with modern thinking, yet still respects the concerns of the late 19th century work.

\$5.95, paperback, 62pp. 0-87516-675-X



JOURNEY BEYOND WORDS
A Companion to The Workbook of The Course

Brent Haskell, Ph.D., D.O.

A Course in Miracles has set in motion a tidal wave that continues to grow. And with its spread there arise new needs — among them the need to truly experience the living reality of the Course. As the Jeshua-endowed guide to the study and application of the Course, *Journey Beyond Words* brings a new and refreshing simplicity to many of the seemingly difficult concepts of the Course.

\$19.95, paperback, 362pp. 0-87516-695-4



DEVORSS Publications

EASTERN MEDICINE & TRADITION

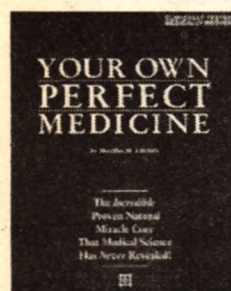
book suggests ways to use it in the treatment of cuts, diaper rash, halitosis, herpes, sunburn—and many other everyday ailments.

Your Own Perfect Medicine

The Incredible Proven Natural Miracle Cure That Medical Science Has Never Revealed

By Martha M. Christy

\$19.95. 220 pp. paper. ISBN 0963209116. Future Med Inc



Martha Christy suffered for many years with serious chronic illnesses until she discovered what is often referred to as the world's oldest medicine: urine. The fact is that urine is not a

waste product of the body but is produced in the kidneys which keep the various elements in your blood balanced. The kidneys do not filter out important elements in the blood because they are toxic or poisonous or bad for the body, but simply because the body does not need that particular concentration of that element at the time it is excreted. Medical researchers have discovered that many of the elements of the blood that are found in urine have enormous medicinal value, and when they are reintroduced into the body, they boost the body's immune defenses and stimulate healing in a way that nothing else does. This book is full of personal testimonies and extracts from medical reports about the effectiveness of urine therapy. In addition, there are chapters on how to use urine therapy at home, and how to use it for specific disorders.

Eastern Medicine

The Essential Kombucha

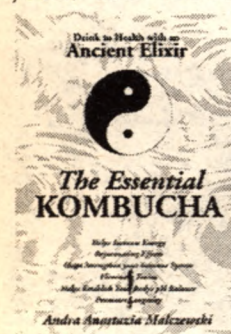
Drink to Health with an Ancient Elixir

By Andra Anastazia Malczewski

\$12.95. 53 pp. paper. ISBN 9990213666.

Kombucha Foundation

Some have described Kombucha as the latest health craze and some have described it as outright quackery, but one thing remains: Kombucha has been used successfully for centuries. Small pockets of populations around the world where life spans average over one hundred years, and without the infirmities



Westerners accept as "normal", consume Kombucha every day as a matter of course. This book explains how to make Kombucha tea, how to cultivate a mushroom, how to drink the mushroom tonic, what is created by

the fermentation process, and what the Kombucha tea has been known to cure.

EDITOR'S CHOICE

Kombucha users claim to have healed chronic fatigue syndrome, diabetes, depleted energy, aids, gout, poor eye sight, cancer, the symptoms of menopause, arthritis and digestive problems. Mostly, it strengthens the immune

system, improves the body's natural defenses, easily eliminates wastes and toxins and helps maintain a high level of energy.

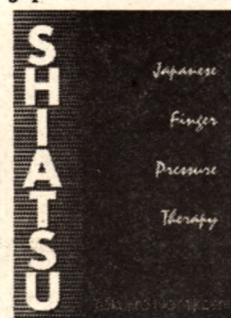
Shiatsu

Japanese Finger Pressure Therapy

By Toklujiro Namikoshi

\$12.00. 81 pp. paper. ISBN 0870401696.

Japan Publications



This book gives you everything you need to master the A-B-C's of Shiatsu. Written by a famed practitioner, teacher and author, it has sold over one million copies in Japan. It's accessible format offers

simple methods that anyone can perform to banish fatigue, soothe sore back and shoulders, and alleviate a wide range of everyday aches and pains, from toothaches and high blood pressure to sinusitis and thyroid problems. Included are detailed photographs and line drawings; clear instructions for correct hand usage, application, degree and duration of pressure; and a guide to the basic pressure points. It also includes sound advice on how to cultivate your own instincts. Akin to acupuncture and acupressure, this holistic application of digital massage is not only a means of remedy and relief, but also a means to energize the body's miraculous self-healing powers as well.

The Yellow Emperor's Classic of Medicine

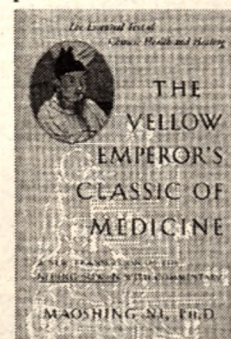
A New Translation of the Neijing Suwen with Commentary

By Maoshing Ni

\$16.00. 320 pp. paper. ISBN 1570620806.

Shambhala

The *Neijing* is one of the most important classics of Taoism as well as the highest authority on traditional Chinese medicine. Written in the form of a dialogue between the original author Huang Di (The Yellow Emperor) and his ministers, *The Yellow Emperor's Classic of Medicine* contains a wealth of knowledge, including etiology, physiology, diagnosis, therapy, and prevention of disease, as well as an in-



depth investigation of such diverse subjects as ethics, psychology, and cosmology. By revealing the natural laws of a holistic universe, the book offers much practical advice on how to promote a long, happy, and healthy life. Maoshing Ni Ph. D., is a doctor of Oriental medicine and a licensed acupuncturist in private practice in Santa Monica. He is also the author of *Chinese Herbology Made Easy* and *The Tao of Nutrition*.



Eastern Traditions

Desert Wisdom

Sacred Middle Eastern Writings from the Goddess Through the Sufis

Translations and Commentary by Neil Douglas-Klotz

\$20.00. 266 pp. cloth. ISBN 0060619961.

Harper San Francisco



Western religious traditions have their roots in the Middle East. And as we have learned from the recent discovery of the *Nag Hammadi Library* and the *Dead Sea Scrolls*, much was left behind as our existing traditions

took shape. Neil Douglas-Klotz believes that a part of our collective psyche was also left behind in the process, and that this is reflected in the western denial of the body and the earth. Having studied Native Middle Eastern spiritual practices for twenty years with Sufis, dervishes, rabbis, Kabbalists, monks, and shamans, and having researched their sacred writings in the original languages, Douglas-Klotz now has prepared this anthology of wisdom texts and spiritual practices. The translations are from Hebrew, ancient Middle Eastern and Aramaic texts; the *Dead Sea Scrolls* and the *Nag Hammadi Library*, the *Quran* and *Hadih*, and the classic teachings of the Sufis. The various traditions are woven together and grouped by themes, such as "the Gift of Light and Dark" or "Sacred Spaciousness," and the texts are accompanied by "body prayers"—spiritual practices uncovering wisdom as an embodied experience. Through his selections, Douglas-Klotz demonstrates a common ground of spirituality that transcends sectarian differences, hoping that these teachings will help us deal with the pressing ecological, economic and political problems of our time.

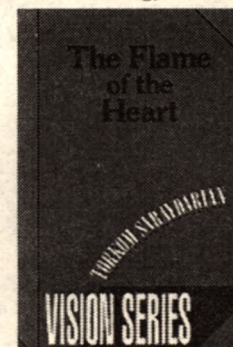
The Flame of the Heart

By Torkom Saraydarian

\$12.95. 261 pp. paper. ISBN 0929874021.

T.S.G. Publishing

"This book is about the Heart, about the Core of our being in which there is the Life, there is our Essence, there is the Self. Western civilization has cultivated the mind, and as a result we have a powerful technology which is growing year after



year in a marathon race, leaving the heart far behind. Most of the political conditions and economic problems of the world, as well as the problems in our families and societies, are based on the fact that our heart has been left behind . . ."—the author. This book is a guide to "living from the heart" and finding the proper balance between the heart and the mind. While modern society focuses on the achievements of the mind, it is only through the heart that we can find indi-

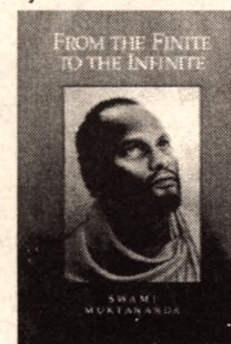
vidual fulfillment, happiness in our relationships, and world peace. Torkom Saraydarian has lived with Sufis, dervishes, Christian mystics and teachers of occult lore. A long time student of meditation with over forty published books, he now supervises the Aquarian Educational Group in Sedona, Arizona. Drawing on his personal experiences, his writings are straightforward, unpretentious, and readily accessible to anyone who wants to find real meaning in life.

From the Finite to the Infinite

By Swami Muktananda

\$16.95. 589 pp. paper. ISBN 0911307311.

Syda Foundation



When Swami Muktananda traveled to the West, he met with seekers in hundreds of gatherings. He answered questions on a vast array of topics, which are arranged here in a sequence that traces the course

of the spiritual journey—from questioning the nature of our existence to meeting the Master and experiencing the results of our initiation. In this book Baba Muktananda describes in detail the struggles with the ego, the dwindling of ignorance as we open to grace, the sublime experiences that herald the approach of the final attainment and the state of Self-realization. The chapters are punctuated by colorful and moving sequences of his own inner journey and of the time he spent with his Guru, Bhagawan Nityananda. Swami Muktananda, (1908-1982) is a compassionate, level-headed and commanding teacher. His successor and translator, Swami Chidvilasananda continues his message: *Meditate on your Self. Honor your Self. Worship your Self. Understand your own Self. God dwells Within You as You.*

Hua Hu Ching

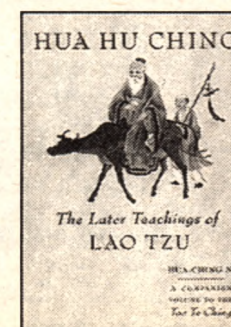
The Later Teachings of Lao Tzu

By Hua-Ching Ni

\$10.00. 163 pp. paper. ISBN 1570620792.

Shambhala

Many readers are familiar with the *Tao Te Ching*, which has become one of the world's spiritual classics. According to traditional accounts, it was spoken by the sage Lao Tzu as he departed society to seek seclusion during a time of turmoil. It is also said that as Lao Tzu continued his journey, he gave further teachings on the Universal Way which were compiled to become the *Hua Hu Ching*. While most copies of the text were burned during the 14th century, the *Hua Hu Ching* has been



transmitted through an oral tradition, of which Hua-Ching Ni (who assembled this version) is a descendent. These are extensive teachings on the practice of spiritual cultivation that leads to the experience of the integral realm. The text states, "When one is in the integral realm, Heaven and Earth and

the myriad things are like one's own fingers. The physical universe is like the palm of one's hand. When all truth is manifest within oneself, there is a profound serenity that no one else can reach. Only the one who tastes it knows it." And as Hua-Ching Ni writes, "The teachings of Lao Tzu are both rational and miraculous. They appear to be like a cup of clear, pure water, yet their subtle power is immeasurable."

Living Color

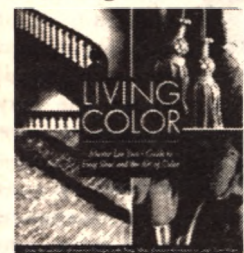
Master Lin Yun's Guide to Feng Shui and the Art of Color

By Sarah Rossback and Lin Yun

\$18.00. 177 pp. paper. ISBN 1568360142.

Kodansha

Feng Shui, the art of placement, teaches how we can arrange our physical surroundings to contribute to our health,



happiness and prosperity. This new book by the authors of *Feng Shui* and *Interior Design with Feng Shui* explores another aspect of the physical world—color—

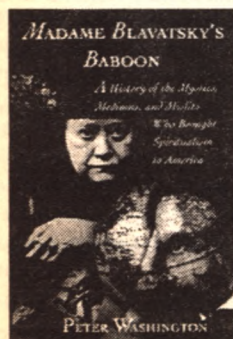
and how it can improve our lives. Master Lin Yun's work draws on the teachings of Buddhism, Taoism, Confucianism, the *I Ching* and the theory of yin and yang. These are the philosophical roots for the art of color, along with the five elements theory—fire, earth, wood, metal and water—and the concept of ch'i. Ch'i is the unifying principle of life energy; a person's ch'i can be seen as their destiny, or as a blueprint of their personality. The effect of various colors on the flow of one's ch'i is at the heart of the art of color. The authors apply this understanding to the landscape features that surround us (natural or man-made), the design of our living space, the food we eat, the clothes we wear and our state of mind; they also teach the use of color for healing and meditation. Each chapter includes specific suggestions for the colors that benefit specific professions and businesses. It is easy to get a sense of how the art of color works: We say that we "feel blue" or that we are "green with envy," and we know how different colors create a cheerful or gloomy feeling. In the thought of Master Lin Yun, color serves as a link between the visible world and the unseen, or the mundane and the transcendental. This knowledge can enhance the way we live, work and feel.

Madame Blavatsky's Baboon

A History of the Mystics, Mediums, and Misfits Who Brought Spiritualism to America

By Peter Washington

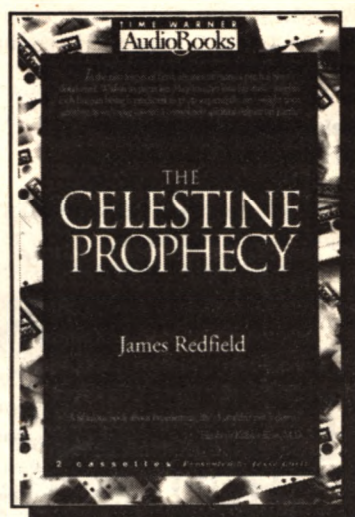
\$27.50. 470 pp. cloth. ISBN 0805241256. Schocken.



In the late 1800's, Madame Helena Petrovna Blavatsky declared herself the chosen vessel of the wisdom of the East through her contact with a dematerialized Tibetan master, who unveiled a Hidden Brotherhood

located in the Himalayas and Egypt. She co-founded The Theosophical Society in

NEW THOUGHT FROM TIME WARNER AUDIOBOOKS



THE CELESTINE PROPHECY

James Redfield's

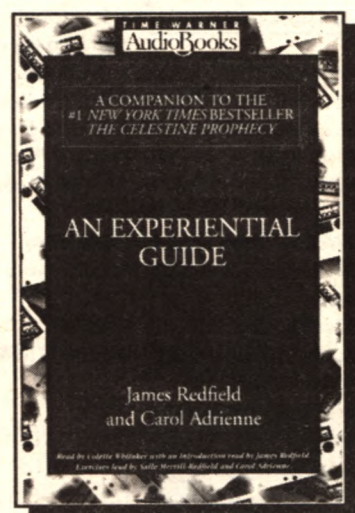
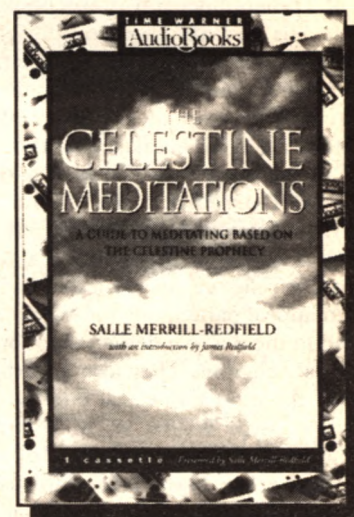
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Salle Merrill Redfield introduces listeners to the joy of meditation.

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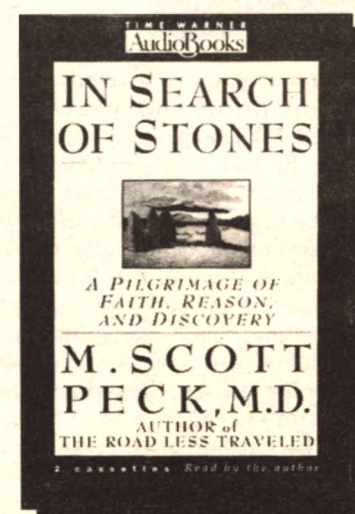
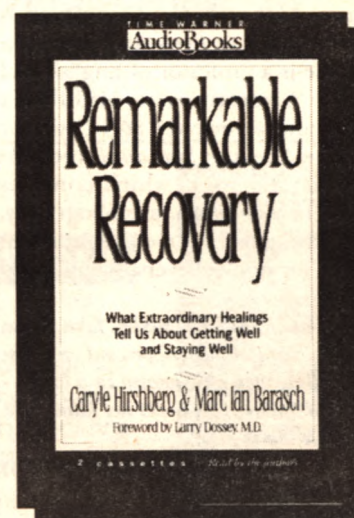
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Discover the importance of the mind-body-spirit connection in the healing process.

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IN SEARCH OF STONES

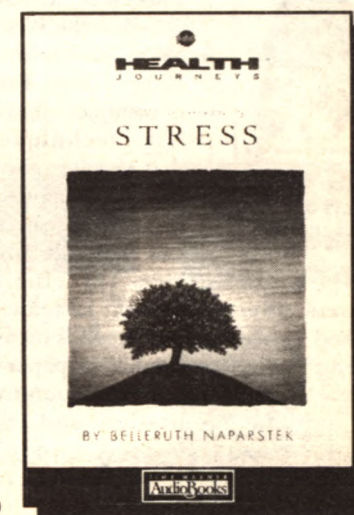
Best-selling author M. Scott Peck takes listeners on a personal journey into the spiritual beliefs that have made him renowned.

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HEALTH JOURNEYS: STRESS

Psychotherapist Belleruth Naparstek, M.A., L.I.S.W., creates four exercises which engage the imagination to reduce anxiety and maintain balance and calm.

ISBN# 1-57042-219-2 \$17.00



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EYESIGHT & FICTION

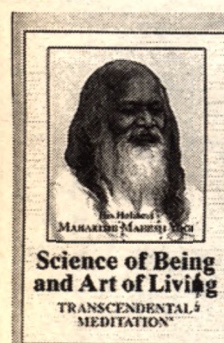
1875 with Civil War veteran Col. Henry Olcott. The society attracted a wide following with its amalgam of Hinduism, Buddhism and occultism. Theosophy, the movement Madame Blavatsky founded, spawned competing gurus and sects which in the course of the century evolved into the New Age. The author sets out to deflate what he describes as the self-mythologizing and woolly philosophizing of Theosophists and rival schools and gurus. His position on theosophy is witheringly skeptical, entertaining, anecdotal, and highly colorful. Here is a somewhat unusual version of the story of Rudolf Steiner and his breakaway anthropology, of the mysterious Gurdjieff and his path, of Ouspensky, the "rebel" Gurdjieffian, and of Krishnamurti. According to the book, these gurus and the alternative religions they founded had a powerful appeal particularly for women, who found in them a role denied them by conventional religions. They also attracted some of the most influential intellectuals of the age—Oscar Wilde, W. B. Yeats, George Bernard Shaw, Frank Lloyd Wright, Katherine Mansfield, Aldous Huxley, and Christopher Isherwood—all searching for an alternative to Western materialism and for actual spiritual experiences. These movements attracted a host of colorful adventurers, uncensored lunatics, wealthy and lonely spinsters, charlatans, and lost souls. This is also their story. Author Peter Washington is the general editor of *Everyman's Library* in London. He is a professor of English and European Literature at Middlesex University and a reviewer and critic for *The London Evening Standard* and *The Independent*. His book, which contains extensive chapter notes, a bibliography, and an index, may become the Aquarian Age's bible for non-believers, skeptics and debunkers.

"If Evelyn Waugh, Aldous Huxley, John Cleese, and Barbara Cartland all tripped out on a six-tab of mescaline, then collaborated in a brainstorming jam-session, they could not have come up with a tale like this."

—New Statesman and Society

Science of Being and Art of Living Transcendental Meditation

By H.H. Maharishi Mahesh Yogi
\$12.95. 374 pp. paper. ISBN 0452011426.
Meridian



Transcendental Meditation—or TM—was introduced to the West by Maharishi Mahesh Yogi. TM is a simple, effortless technique that can be practiced by anyone; scientific research has now shown how TM eliminates stress, promotes health, increases energy and well-being, and expands mental potential. Newly available in paperback, here is the classic introduction to Transcendental Meditation and its

NEW IN PAPERBACK

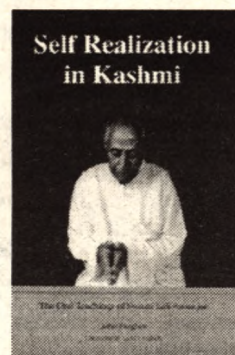
roots, which lie in the Vedic wisdom of the Himalayas. Maharishi Mahesh Yogi first describes the state of pure being, the ultimate reality of all that is, which can be known through

direct experience thanks to the method of TM. He then shows how this awareness can manifest throughout one's life, and how the practice of TM can benefit society and the world. Millions of people have been drawn to begin Transcendental Meditation. This is the definitive guide to the theory of TM and its application to daily life.

Self Realization in Kashmir Shaivism The Oral Teachings of Swami Lakshmanjoo

By John Hughes
\$16.95. 139 pp. paper. ISBN 0791421805.
State University of New York

This book is of special interest to those interested in Hindu mysticism, Tantra, Kundalini, and the experience of non-dual consciousness. Swami Lakshmanjoo, the last in the lineage of Kashmir



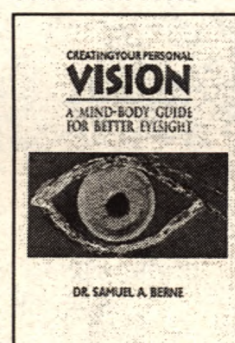
Shaivism, was highly respected for his scholarship, his realization as a yogin and his exemplary personal qualities. He allowed his oral teachings to be taped and transcribed so that the centuries-old teachings of his

lineage could be shared with future generations. These talks express the mystical vision of his tradition, his advice regarding meditation and conduct in life, and his extensive teachings on Tantra and Kundalini. In other words, this is a comprehensive guide to a tradition of living religious experience (which some readers may have encountered in the "Centering" chapter of Paul Reps's *Zen Flesh, Zen Bones*). Swami Lakshmanjoo's integration of knowledge and experience was very rare; his words have the impact and simplicity of oral teachings while clarifying many technical terms regarding Tantra and Kundalini. This is a very special book by an extraordinary person.

Eyesight

Creating Your Personal Vision A Mind-Body Guide For Better Eyesight

By Dr. Samuel A Berne
\$15.95. 217 pp. paper. ISBN 0964159937.
Color Stone Press



Dr. Berne has written a book that teaches how every cell in your body can "see"—not only your eyes. Although his techniques are drawn from the traditional "Bates" method of vision corrective exercises, they go into many more areas of healing, nutrition, psychology, and habit patterns. The result is a book that connects inner and outer vision. There is a clear description and

EDITOR'S CHOICE

illustration of the common mechanical vision defects and an explanation of the interaction between the eyes and the entire nervous system. To eliminate corrective lenses and attune the entire body to "visual restoration", Berne

presents a four week plan of well illustrated exercises and techniques. Finally, he discusses the relationship of vision with learning disabilities and educational or occupational difficulties (in children and adults) ordinarily associated with vision dysfunction. A glossary, resources for obtaining the tools and nutrients described, and a suggested reading list conclude an interesting book.

Seeing Without Glasses

Improving Your Vision Naturally
By Dr. Robert-Michael Kaplan
\$12.95. 171 pp. paper. ISBN 0941831973.
Beyond Words Publishing

This is a book of physical and mental exercises that can reduce or eliminate the need for corrective lenses. The book focuses on the exercises, diet, and attitude required to restore natural vision.

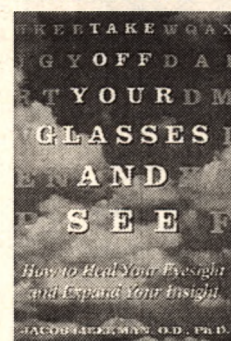


There are numerous anecdotes to encourage the reader to take the "first step". Dr. Kaplan's approach and book have a soft feel that is inviting and convincing. His broad interest is in global cleansing and personal

healing while his focus on vision problems dramatizes the effect of television, the emotional coldness of our lives and their effect on the vision process. "Wherever you look, see love and peace!"

Take Off Your Glasses and See

How to Heal Your Eyesight and Expand Your Insight
By Jacob Liberman, O.D., Ph.D.
\$21.00. 261 pp. cloth. ISBN 0517598590.
Crown Publishers



From Gary Zukav's introduction to the resource listings at the end, this book is a true revelation of inner vision and inspiration for learning to be free of corrective lenses. Just as he was beginning his practice of optometry, the author began to question the theory and practice he had learned. While experimenting on his own vision, he had a "spontaneous healing", from 20/200 to 20/20! From this experience he began to develop a vision of healing based on the view that the eyes are the windows of the soul. So, if our eyes are not working properly, we may need to address our belief system and our realities, rather than using the "band-aids" of corrective lenses. Eyesight is just one aspect of our vision. Our culture, emotions, personal experiences, and health all affect our eyes and their problems. This book helps us understand the process and the techniques that will carry us not only beyond glasses, but into wisdom-vision on all levels.



Fiction

The Alchemist

A Fable about Following Your Dream

By Paulo Coelho
\$10.00. 177 pp. paper. ISBN 0062502182.
HarperSanFrancisco.
\$16.00. cloth. ISBN 0062502174.



The Alchemist is the magical story of Santiago, an Andalusian shepherd boy who yearns to travel in search of a worldly treasure as extravagant as any ever found. From his home in Spain he journeys to the markets of Tangiers and across the Egyptian desert to a fateful encounter with the alchemist. The story of the treasure

NEW IN PAPERBACK

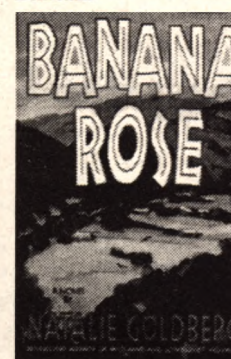
Santiago finds along the way teaches us about the essential wisdom of listening to our hearts, learning to read the omens strewn along life's path, and, above all, following our dreams.

"The story has the comic charm, dramatic tension, and psychological intensity of a fairy tale, but it's full of specific wisdom as well... A sweetly exotic tale for young and old alike."

—Publishers Weekly.

Banana Rose

By Natalie Goldberg
\$21.95. 373 pp. cloth. ISBN 0553095277.
Bantam



Natalie Goldberg's first two books *Writing Down the Bones* and *Wild Mind* became essential texts for all writers and have earned praise from readers as diverse as Jack Kornfield and Leonard Cohen. Her third,

Long Quiet Highway, hailed by Robert Pirsig, offers a look at her journey towards Zen Buddhism. Now she has written a novel. Brooklyn-born Nell Schwartz journeys to Taos, New Mexico, yearning for a different life. She dubs herself Banana Rose (because she's "bananas"), joins a colorful group of friends and decides to pursue life as a struggling painter. She falls in love with a horn player named Gaugin (originally George Howard from Minnesota) and the two live simply and happily. However, Gaugin soon tires of life in Taos and persuades Banana Rose to travel back to the city. Her story is about her struggle with her wild heart, the demands of canvas and paint, family and faith, and her irrepressible longing for home.

Cuba And The Night

By Pico Iyer
\$22.00 234 pp. cloth. ISBN 0679440526.
Alfred A. Knopf

This is Pico Iyer's first novel. It is a rich and pungent story set in the Cuba of today. Iyer uses unusually intimate description to capture the daily life and

FICTION & DEEPAK CHOPRA



death of Havana. Electrical black-outs, a revolution gone sour, ubiquitous secret police, poverty and isolation are the backdrop for this passionate story. Richard is an American news photographer at

an emotional dead end, who has made it through life largely on bravado and a policy of non-commitment. In Havana on assignment, he meets, and at first scarcely notices, a vivacious young cubana named Lourdes, who may—or may not-be in search of a foreigner who can help her get out. Gradually, amid a confusion of motives, the two are drawn together in an affair whose poignant outcome surprises both of them, and the reader. Pico Iyer is a longtime essayist for *Time* and a contributing editor to *Conde Nast Traveler*, *Civilization*, and *Tricycle: The Buddhist Review*. His books include *Video Night in Katmandu*, *The Lady and the Monk*, and *Falling Off the Map*.

Deepak Chopra

Deepak Chopra is well known and revered for his profound teachings about Ayurvedic medicine and has written several critically acclaimed books, such as *The Seven Spiritual Laws of Success*, *Ageless Body Timeless Mind*, and *Perfect Health*. Here, Chopra ventures into the realm of fiction with his first novel. It is an adventure story about the well known healer and wizard Merlin, of King Arthur lore. Dr. Chopra will be here at the Bodhi Tree Bookstore to talk about his new book and for a book signing on July 17, 1995, 7:30 pm.

The Return of Merlin

\$24.00. cloth. ISBN 0517598493. Harmony and the companion audio cassette, \$17.00. cassette. ISBN 0679443037.

"Merlin—the name evokes images of mystery, magic, adventure, wonder, and enchantment. The wizard is the central figure in one of the most enduring myths of our culture, the story of King Arthur and his kingdom, Camelot. In early versions of the legend, Merlin is the keeper of all knowledge; all powerful, all-seeing, eternal. This version, *The Return of Merlin*, is about waking up the wizard that sleeps within all of us, so that we can reclaim the field of pure knowledge and dream a new world into reality, from the purity of our hearts. The wizard's tower is that sacred place inside, where there are gods and goddesses in embryo; their only desire is to be born, to manifest into form. This story then, is meant to be understood on many levels. It is fantasy, but it is also a reminder that we are ancient souls from ancient places and ancient times. It is a reminder of the ambiguity of being human. It is a reminder that life is an open horizon, and that we are magical beings. It is a reminder that in each of our lives, there are moments when we rise to a privileged place, where everyday acts take on mystical meaning."—from the Introduction.



The Famished Road

By Ben Okri

\$12.00. 500 pp. paper.

ISBN 038542513T9. Anchor Books

"I was born not just because I had conceived a notion to stay, but because in between my coming and going the great cycles of time had finally tightened around my neck. I prayed for laughter, a life without hunger. I was answered with paradoxes. It remains an enigma how it came to be that I was born smiling."

—The Famished Road



This is the tale of a spirit-child who comes to life in modern Nigeria. Abiku, (or spirit-children) make pacts with their fellow unborn playmates that they will return to the spirit world at the first opportunity. One such spirit-child narrates *The Famished Road*. He tells his adventure of entering the physical world while still retaining access to the spiritual dimension. Caught between wanting to stay in the spirit world and causing pain to his mother and father who are bound to earth, the spirit-child takes the reader down a road of stunning beauty and cruel reality. The spirit-child dances between the tender sibyls, fauns, fairies and fantastical powers of his spirit world and the poverty, power struggles, bloody revolutions and unfathomable cruelties men perpetuate upon each other in the physical realm. The spirit-child is overwhelmed by the love of his mother and father in such a world as theirs. This changes his mind about which world he really longs for. Okri has written a beautiful work of magic realism. He weaves the humblest detail with the most extravagant flight of fancy to create an astonishing fictional tapestry. Ben Okri is a Nigerian writer resident in London and a visiting writer-in-residence at Trinity College, Cambridge. He won the prestigious Booker Prize in 1991 for *The Famished Road*.

The Little Country

By Charles de Lint

\$5.99. 591 pp. paper. ISBN 0812522486.

Tom Doherty Assoc., Inc.



Janey Little, a fiddle player, discovers a secret book in a friend's attic. The name of the book is *The Little Country*. The copy Janey finds is the only copy of the book in existence. Besides fiddle playing, Janey's other great passion in life is reading, and the author of *The Little Country*, William Dunthorn, is her favorite author. He is the reason she loves playing the fiddle and makes her living at fiddle playing. Dunthorn's previous book, *The Lost Music* was all about the old music. Janey loved it. "For while she had no interest in writing books, she had discovered, hidden away inside herself, a real flair for the old music. She took to playing the fiddle and went wandering through tunebooks tracked down in secondhand bookshops, the tunes sticking to her like brambles on

a walk across a cliff-side field. Old tunes, old names, old stories. So Dunthorn was partially responsible for who she was today."

—from *The Little Country*

So Janey opens the secret book and the elusive connection between Dunthorn and Janey begins to reveal itself, unbeknownst to Janey. A story within a story unfolds. Janey finds herself under the spell of the "Little Country." She forgets she has a boyfriend to see to and a tour to prepare for. Janey enters the story and is besieged by adventures that lead her to discover the music of the "Little Country". Charles de Lint takes us into a world of bikers, fairies, tricksters, shamans, and secret, invisible passages to other worlds. This is an intricately structured novel, full of a wealth of detail about music, Cornwall, and things magical and arcane.

Of Love and Other Demons

By Gabriel Garcia Marquez

\$21.00. 147 pp. cloth. ISBN 067943853X.

Knopf

During the colonial era in a South



American seaport, Sierva Maria, the only child of a decaying noble family is bitten by a rabid dog. She then is made to endure therapies indistinguishable from tortures. Believed finally to be possessed, she is brought to a convent for obser-

vation where she is discovered by Father Cayetano Delaura, the Bishop's protégé, who had already dreamed of her coming.

EDITOR'S CHOICE

As he tends to this kicking, spitting, emaciated creature, Delaura feels something immense and irreparable happening to him. It is love, "the most terrible demon of all." And it is not long before Sierva Maria, though dreaming of snow, joins in his fevered misery. Gabriel

Dog, Buddha Nature.

Don't say he doesn't have it.

Don't say Mu!

*A stiff spring wind has risen,
rattling the gourds on the east wall.*

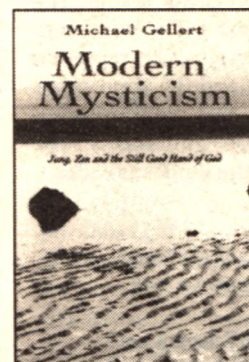
—Wu-men



Reaching for the Oversoul

Dr. Eugene Jussek introduces us to Yan Su Lu, the wisdom figure that appeared to his patient, "Charles," between lives. This exciting exploration of ongoing life is similar to that mentioned by Jung when he brought up Philemon. Past lives, the spiritual search, evidence that the soul lives on.

160 pp. Paper \$11.00 ISBN 0-89254-027-3



Modern Mysticism

Jung, Zen
and the Still Good Hand of God

Michael Gellert sheds new light on unrecognized spiritual experience. Have you had a mystical experience? Sophy Burnham says this book is "a look at the wondrous and mysterious worlds of the unconscious... moving from the paranormal to the highest spiritual experience."

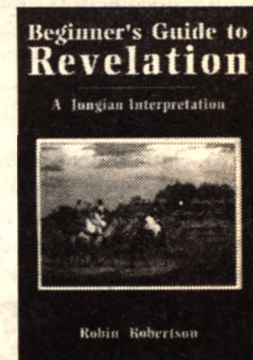
240 pp. Paper \$12.95 ISBN 0-89254-032-x

Beginner's Guide to Revelation

A Jungian Interpretation

Robin Robertson brings a Jungian interpretation to The Book of Revelation. He follows a spiral path around the issues of our millenium, using archetypal imagery, neurophysiology, shamanic rituals, and modern mathematics. We are shown that Revelation is about transformation and how we can ultimately experience the depths of the universe.

272 pp. Paper \$12.95 ISBN 0-89254-030-3



PUBLISHED BY NICOLAS-HAYS
DISTRIBUTED EXCLUSIVELY BY SAMUEL WEISER, INC.

I CHING & INNER HEALING

Garcia Marquez won the Noble Prize for Literature in 1982 and is author of the great literary achievements *One Hundred Years Of Solitude* and *Love In The Time of Cholera*. His startling new novel, while it explores a doomed love affair, also illuminates the most universal experiences known to woman and man.

The Singing Creek

Where The Willows Grow

The Mystical Nature Diary of Opal Whiteley
By Opal Whiteley. Biography and Afterword by Benjamin Hoff
\$12.95. 372 pp. paper. ISBN 0140237208.
Penguin Books



Andromeda, Agamemnon, Menelaus, Dindon, Alcuin, Byron, Keats, Ben Johnson, Aphrodite, Brave Horatius, Sir Francis Bacon, Elsie, Elidor, Gwian, Elizabeth Barrett Browning, Nannerl Mozart,

Sophocles, Diogenes, William Shakespeare: These are the names of animals and trees in Opal Whiteley's breathtaking mystical nature diary.

Opal Whiteley did not merely care for the world; she was in love with the world. She writes so that you feel the nature she

EDITOR'S CHOICE

was part of, inspiring you to see the completely alive world around you. Nature told Opal many of its secrets, and she did her best to pass them on to others. Benjamin Hoff, author of *The Tao Of Pooh* and *The Te Of Piglet* says, "Opal was able not only to understand, but to communicate that understanding, with a spiritual and emotional power unequalled, in my opinion, by any other American writer." The most haunting quality of her writing is its unique intensity of vision. You will enter a world so full and rich that you will wonder where this earth is that Opal writes about, and you will want to discover it. The history of Opal's diary is a story in itself. Written when she was a child and first published in 1920, it became an immediate bestseller, but it soon fell into disgrace. Condemning it as an adult-written hoax, skeptics stirred a scandal that drove the book into obscurity and shattered the frail spirit of its author. Benjamin Hoff, the bestselling author, discovered the diary by chance. He set out to solve the longstanding mystery of its origin. His biography of Opal that accompanies the diary provides fascinating proof that the document is indeed authentic—the work of a magically gifted child.

The Tenth Insight

By James Redfield

\$19.95. cloth. ISBN 0446519081. Warner.

In our three-dimensional world, James Redfield is nearly done researching and writing *The Tenth Insight*, the sequel to his bestseller, *The Celestine Prophecy*. The planned release date is November, 1995. The

**FORTHCOMING
NOV. 1995**

sequel follows Redfield's journey through higher dimensions, the "place" where his

characters continue their quest for knowledge and enlightenment. The April 1995 issue of *Body Mind Spirit* magazine has an exclusive interview with James Redfield where he talks about his new book. We are now accepting special orders for *The Tenth Insight*. If you are interested in writing James Redfield, Salle Merrill-Redfield or subscribing to *The Celestine Journal*, please write to *The Celestine Journal*, P. O. Box 19356, Asheville, NC 28815. They welcome letters, synchronicity stories and calendar listings. Send other correspondence to Satori Publishing, P. O. Box 360988, Hoover, AL 35236.

"All writing from the heart comes from beyond us, from the mysteries of our higher selves. If it's centered in love, the truth merely arrives."

—James Redfield, *The Celestine Journal*, Volume 2, Issue 2, April 1995.

I Ching

The I Ching

The Book of Changes and How To Use It
By Wu Wei
\$9.95. paper. ISBN 0943015073. Power Press



"If you knew which of your actions would bring you good fortune and which misfortune, which actions would lead to your success and which to failure, would that knowledge not be better than gold

and diamonds? Would it not allow you to achieve any goal? . . . When you become adept in the use of the *I Ching*, you will be able to do these things and more."—Wu Wei. This is a very accessible and relatively inexpensive paperback version of the *I Ching* which should well serve those wishing to consult this remarkable oracle. While lacking the extensive detail and background information of other versions, it explains the history and spirit of the *I Ching* and provides instructions for the yarrow stalk method, which the author prefers over coins. The interpretations of the hexagrams (which represent one's situation in life and the appropriate response) are clear and readily understandable, making the guidance of the ancients available to the modern reader.

I Ching

The Classic Chinese Oracle of Change
The First Complete Translation with Concordance

Translated by Rudolf Ritsema and Stephen Karcher

\$29.95. 816 pp. cloth. ISBN 1852305363. Element.



"The *I Ching* offers a way to see into difficult situations, particularly those emotionally charged ones where rational knowledge fails us yet we are called upon to decide and act. It gives voice to a spirit concerned with

how we can best live as individuals in contact with both inner and outer worlds. It's

symbols make up a dictionary of the forces that move and change the soul."—the translators. This significant new translation of the *I Ching* was inspired by the insights of C.G. Jung and researched with the support of the Eranos Foundation. It presents this ancient oracle as a psychological tool that connects those who use it with the world of creative imagination. "Consulting an oracle and seeing yourself in terms of the symbols or magic spells it presents," the translators write, "is a way of contacting what has been repressed in the creation of the modern world. . . The modern interest in alternative cultures and the old ways is a reflection of our need to recover this heart of magic." Rudolf Ritsema and Stephen Karcher have especially worked at avoiding strict interpretations and preserving the spirit of the original Chinese. This allows the oracle's symbols to resonate in the mind, just as one might work with images from a dream. The translators provide examples of the *I Ching*'s responses to typical questions, giving the reader a feeling for this way of using the book. There are also instructions for consulting the oracle with either coins or yarrow stalks. The texts used by the translators grew out of a time like our own, when one could no longer turn to social structures for guidance. This new version will interest those who already use the *I Ching*, and those who seek a deeper level of insight as they confront the challenges of living.

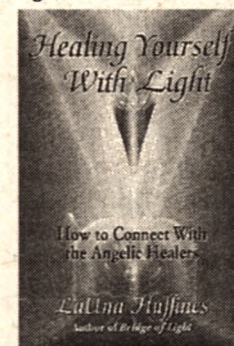
Inner Healing

Healing Yourself With Light

How to Connect With the Angelic Healers

By Launa Huffines

\$12.95. 305 pp. paper. ISBN 0915811561. HJ Krammer



According to Launa Huffines, we are living in the midst of dramatic changes in the way people live and relate to one another. Humanity is taking heroic steps forward through an awakening spirit of love and

goodwill. In this book, she offers a complete method for bringing the healing light of the soul, the Solar angel, and the angelic healers into the physical body. In part one, you learn who the angelic healers are and how they work. In part two, you go to the "Temple of Healing" and meet your Solar angel and soul. In part three, you meet and work with the directors of the systems in your body to bring new images of a truly fit body into the physical dimension. Part four, "Becoming Younger", shows you how to change programs for aging into programs of rejuvenation, and shows you how to raise the light in your cells. Also included is a chart of healing questions, colors, and images for use with specific illnesses. These easy-to-learn processes have helped thousands to heal and upgrade the cells in their body.

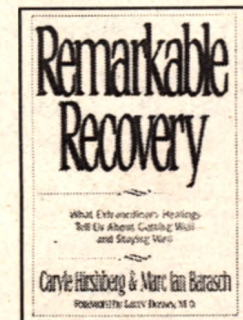


Remarkable Recovery

What Extraordinary Healings Tell Us About Getting Well and Staying Well

By Caryle Hirshberg & Marc Ian Barasch
Foreword by Larry Dossey, M.D.

\$23.95. 362 pp. cloth. ISBN 1573220000. Riverhead Books



We are all familiar with people who have experienced remarkable recoveries from serious illness. Until now, we have had no resource to turn to and no scientific way to interpret such seeming miracles and apply

the knowledge to our own lives. Here, Hirshberg and Barasch tell the stories of individuals who experienced a remarkable recovery and who left their doctors baffled in its wake. All of these people approached the healing process in their own unique way. But patterns and common threads emerged, pointing to an innate healing system of mind, body, and spirit that can respond dramatically to the assault of disease. The authors believe that the answer to healing for all of us lies where the immune system functions and beyond what science thought its capacities were. They propose a new medicine, one based on the body's self curative powers. We learn about the extraordinary powers we have to conquer what medicine has told us is unconquerable.

"Caryle Hirshberg is absolutely a pioneer researcher. She knows more than anyone else about spontaneous remission. She is a meticulous scholar and an honest researcher. Marc Barasch writes like a poet."—Joan Borysenko, M.D. author of *Minding the Body*, *Mending the Mind*.

Marc Ian Barasch is the author of the well received, best selling

Healing Path—A Soul Approach to Healing
\$11.95. paper. ISBN 014019486X. Penguin

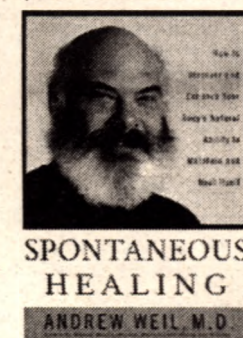
Spontaneous Healing

How to Enlist and Enhance the Body's Own Gifts for Maintaining and Healing Itself

\$23.00. 288 pp. cloth. ISBN 0679436073. Knopf.

and the companion Random House AudioBook,

\$17.00. cassette. ISBN 0679443002.



Dr. Andrew Weil is one of our most authoritative and important voices on health and healing today. He is at the cutting edge of a burgeoning movement to incorporate alternative forms of medicine into standard

treatments. In this book he shows that the body has within it a healing system, responsible not only for remissions of life-threatening diseases, but also for day-to-day maintenance and for positive responses to everyday diseases. This system is functional rather than structural, employing all the body's systems and manifesting itself through DNA repair and immune defenses. We are given a detailed guide to how we can strengthen this system through diet and nutrition, vitamins and

JUDAICA & JUNGIAN STUDIES

supplements, exercise, stress reduction and mind/body methods. This formidable book can revolutionize our attitudes toward health—and medical practice itself.

Judaica

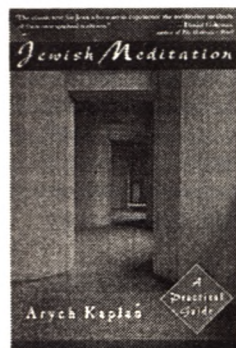
Jewish Meditation

A Practical Guide

By Aryeh Kaplan

\$12.00 165 pp. paper. ISBN 0805210377.

Schocken Books



People are often surprised to hear the term "Jewish meditation." Otherwise knowledgeable Jews, including many rabbis and scholars, are not aware that such a thing exists. For students of meditation, this is a serious oversight. Judaism produced one of the more important systems of meditation, and ignoring it is bound to make any study incomplete. Furthermore, since Judaism is an Eastern religion that migrated to the West, its meditative practices may well be most relevant to Western man. Without a knowledge of Jewish meditative practices, an important link between East and West is lost. This book presents the most basic forms of Jewish meditation. It assumes the reader has no special background, either in Judaism or in meditation. *Jewish Meditation* is a guide to Jewish prayer and meditation that is grounded in the tradition and is genuinely mind-expanding. For anyone seeking to connect with the spiritual side of Judaism, this book is essential. Aryeh Kaplan was a well-known Orthodox rabbi and teacher of Jewish meditation. He died in 1983.

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Teaching Your Children About God

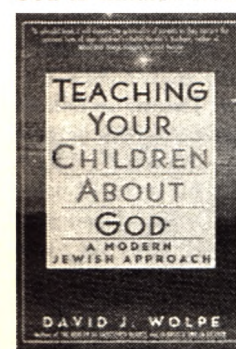
A Modern Jewish Approach

By David J. Wolpe

\$12.00 237 pp. paper. ISBN 0060976470.

HarperPerennial

Many parents find it easier to talk to their children about sex and other intimate matters than to answer questions about God and prayer, or good and evil. *Teaching Your Children About God* is a sensitive and informed guide to explaining God to children from ages 4 to 14. Filled



with easily understood stories from the Bible and Chassidic lore, it helps Jewish parents weave the tenets and rituals of Judaism back into their lives. Through poignant anecdotes and practical exercises,

Wolpe teaches how parents can guide children in the practice of prayer to create an atmosphere in which children feel comfortable questioning and wondering about God, life and death. Rabbi Wolpe also offers invaluable insights into children's spiritual needs, revealing the powerful effect faith can have on a child's self-esteem, and enabling parents to understand their children's fears, dreams, and

hopes. Rabbi David J. Wolpe was ordained in 1987 by the Jewish Theological Seminary of America, and is a lecturer in Modern Jewish Thought at the University of Judaism in Los Angeles.

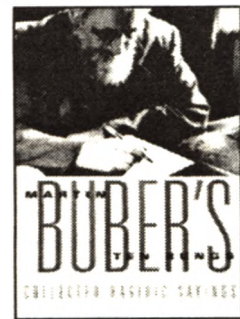
Ten Rungs

Collected Hasidic Sayings

By Martin Buber

\$6.95. 127 pp. paper. ISBN 0806515937.

Citadel Press.



Martin Buber (1878 - 1965) is considered Judaism's most renowned religious scholar, philosopher, and writer. According to Hasidic lore, the various ways in which men learn to perfect themselves are the "rungs" on the ladder leading to the realm of heaven. It is said: "No limits are set to the ascent of man, and to each and every one the highest stands open. Here it is only your personal choice that decides." The tales and aphorisms retold here by Martin Buber belong to the teachings of Hasidism, the mystical movement that swept Eastern European Jewry in the eighteenth and nineteenth centuries. Fanciful and sober by turn, these sayings never swerve from their basic purpose: to arouse in man an awareness of his condition and to show him the way to the righteous life.

"... there is no rung of being on which we cannot find the holiness of God everywhere and at all times."—Martin Buber.

Jungian Studies

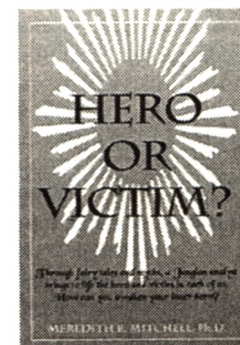
Hero or Victim?

By Meredith B. Mitchell, Ph.D.

\$19.95. 294 pp. paper. ISBN 0963940503.

M.B Mitchell

Most of us are all too familiar with feeling mistreated, misunderstood, used, neglected, worthless and betrayed. And when we have such experiences, we don't usually realize that we are caught in a "complex" which convinces us that others are being treated fairly, but we are deprived. Fortunately, we contain other "complexes" inside us which can counteract these awful feelings. Somewhere—



sometimes deeply hidden—is our innate courage and determination which can overcome our victimization. Just as we have the victimized child in us, we also embody the hero. We can learn to call upon the

heroic part of us to discover the real reasons for our reactions to others, which brings us to a better understanding of ourselves. Meredith B. Mitchell trained at the C. G. Jung Institute of Los Angeles where he was president from 1991-1993. For the past 22 years he has conducted workshops on various topics from a Jungian perspective.

Love and the Soul

Creating a Future for Earth

By Robert Sardello

\$22.00. 209 pp. cloth. ISBN 0060170743.

HarperCollins



The many readers of Thomas Moore's *Care of the Soul* will extend their understanding of "soul work" in this new book by Moore's long-time colleague, Robert Sardello. Drawing on images of the Grail legend and myths of Sophia, Sardello develops approaches to a new intelligence of the heart. He discovers that the deeper we can enter into the individuality of the soul—as it is expressed as love—the more possibilities for creating soul in the world become apparent. He also discusses the world significance of grieving, the transformative power of radical receptivity, re-enlivening the senses, the creative power of dreaming, and a new basis for relationships and community. Drawing on the work of C. G. Jung, James Hillman, Rudolf Steiner and Moore himself, Sardello establishes a ground of hope for the approaching millennium and a radically fresh direction for psychology. His first book *Facing The World With Soul*, has become a classic.

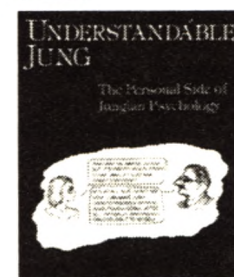
Understandable Jung

The Personal Side of Jungian Psychology

By Harry A. Wilmer, M.D.

\$18.95. 269 pp. paper. ISBN 0933029691.

Chiron



To understand Jungian psychology, it is best to begin with simple ideas, of which there are a great many, and then to go on to more complex concepts that are understandable to the ordinary, intelligent person. This book is an attempt to present Jung's ideas (both simple and complex) in clear language through sketches, photographs, and cartoons of the humorous side of our psyches. The book addresses the personal side of Jungian psychology based on the author's personal participation in the act of understanding. Large portions of it addresses dreams, which are perhaps the most personal expression of the psyche. Note that in the remembering and telling of dreams, as well as in searching for meaning in them, one is enmeshed in the personalities of both the dreamer and the listener. So it is in the reading of this playful, insightful, quite unique book.

Kabbalah

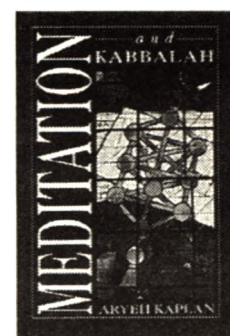
Meditation and Kabbalah

By Aryeh Kaplan

\$30.00. 355 pp. cloth. ISBN 1568213816.

Aronson

The late Rabbi Aryeh Kaplan is considered to be one of the most effective and scholarly writers on Judaism in the English language. He writes that he experienced "great trepidation" as he began



this book which includes "some of the most hidden mysteries of the Kabbalah." However, he felt that the misinformation that was published before made it imperative to write an authoritative account. This

book explains how meditative techniques were taught by the Kabbalists, with sections devoted to the important schools of Kabbalah, such as the Talmudists and the Hasidim, and the major teachers, such as Rabbi Abraham Abulafia. Translations from original texts accompany the author's explanations. In the Kabbalistic tradition, meditation is the means to loosen the bonds of the physical and ascend to transcendental realms through what can be described as mantras and mandalas, or through other contemplations such as the practice of mental stillness. This is the first book published to reveal these methods; it also interprets their significance in light of contemporary research and suggests intriguing parallels with eastern meditative techniques.

Meditation and the Bible

By Aryeh Kaplan

\$25.00. 179 pp. cloth. ISBN 1568213824.

Aronson



One of the greatest mysteries of the Bible involves the methods used by the prophets to attain unique states of consciousness. Almost all of the Bible was authored by the prophets while in higher states, but virtually nothing

is known about how such states were attained. As soon as we learn to understand the vocabulary, we find many references to Biblical meditation but since meditation is for all practical purposes no longer practiced in Jewish circles, the meaning of the vocabulary associated with it has been forgotten. An important task of this book, therefore, is to reintroduce the vocabulary used in classical Hebrew literature to describe various meditative methods. The first section of the book, explores the relevant terminology, quoting numerous sources and the second explores various prophetic methods and the experience of them, both from the Bible itself and from the viewpoint of its classical commentaries. Most speculative is the third section, where Kaplan attempts to reconstruct Biblical vocabulary used to describe the various meditative and mystical states.

Love and Sexuality

Getting To "I Do"

The Secret to Doing Relationships Right!

By Dr. Patricia Allen

\$11.00. 272 pp. paper. ISBN 038071854.

Avon

Dr. Pat Allen's controversial blueprint for couples in the nineties has resulted in packed seminars in Los Angeles and two

LOVE & SEXUALITY, MAGICK

thousand marriages. Her plan is based on the idea that romantic relationships resemble a corporate structure with one president (the masculine personality) in charge of ideas and agendas, and one vice-president (the feminine personality) in charge of feelings and veto rights. Although she submits that the masculine and feminine personalities are not confined to gender, mostly her advice is directed at women. Here's some of what you'll learn: When you should make the first move, and when you should *not*; why you should never have sex before commitment and what makes a man want to commit; what makes a man run away from a relationship; how to get what you want without asking. By following her plan, you could be hooked within the year. Dr. Allen is a certified advanced clinical member of the International Transactional Analysis Association.

Loving Sex
By Jane Erlich
\$9.95. 96 pp. cloth. ISBN 0786701838.
Carroll & Graf



This is a fully illustrated pocket guide to deeply satisfying and loving sex, with an emphasis on making it an integral part of one's life. It is written for anyone who would like to improve their sex life—whether single women or men or couples. Subjects include: Mutual seduction (how to create, escalate and maintain interest), foreplay (the best techniques for mutual arousal); orgasms (how to postpone them, prolong them, improve them); various positions (with the advantages and disadvantages of each); fantasy games, erotic toys and romantic "afterplay", which can be fulfilling in itself. Written in a friendly style with attractive line drawings, this is an encouraging and sexy guide.

Plaisir's d'Amour
An Erotic Guide to the Senses
By Elizabeth Nash
\$20.00. 192 pp. paper. ISBN 0062511491.
Harper

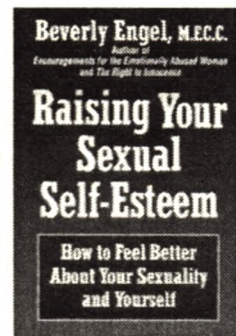


As sultry as a D. H. Lawrence novel, as steamy as a scented bath, as voluptuous as a Rembrandt nude, *Plaisir's d'Amour* is a sumptuous collection of rare erotic art, peppered with steamy excerpts of prose and verse from the sexual literature of the East and West. It offers a rich armchair guide to the amazing sensory possibilities we all possess. In this garden of delights, Elizabeth Nash presents cultural, literary,

and artistic expressions through the particular lens of each of our five senses. It is lavish, it is intimate, it is saucy and exotic. The art comes from classic and modern masters, including Klimt, Scheile, Renoir and Lempicka, as well as ancient Japanese shunga prints and anonymous sketches which span the centuries. The accompanying text is as rich as it is arousing.

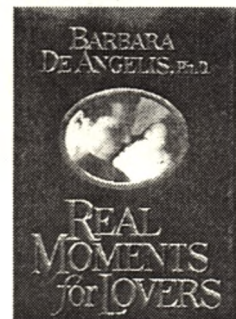
*Tell, if thou canst, and truly,
whence did come
This camphire, storax, spikenard,
galbanum:
These musks, these ambers,
and these other smells,
Sweet as the vestrie of the oracles.
He tell thee; while my Julia did awake
Her silken bodies, but a breathing space...*

Raising Your Sexual Self-Esteem
How to Feel Better About Your Sexuality and Yourself
By Beverly Engel, M.F.C.C.
\$11.00. 354 pp. paper. ISBN 0449906744.
Fawcett



Am I too fat? Do I satisfy my lover? Are my fantasies too bizarre? Why do I feel such shame about sex? It would seem that in today's open minded world these and other fears about sexuality would not exist, but sexual anxieties are more widespread than ever. Not only must we face sexually transmitted diseases, but unrealistic expectations about body image, performance and ability as well. Dr. Beverly Engel, author of *The Emotionally Abused Woman* explores here the ramifications of low-self esteem on sexuality with both authority and compassion. She provides insight into its causes—from unspoken negative messages about sex we received as children, to traumatic first encounters, to sexual abuse—and she offers meaningful help. With inspiring stories from everyday people discussing their issues, coupled with her own sound advice, Engel's book is a guide to a new outlook on sex and the self.

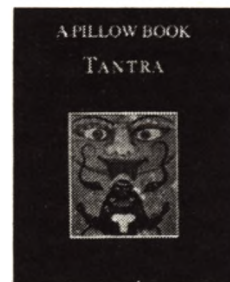
Real Moments for Lovers
By Barbara De Angelis, Ph.D.
\$14.95. 95 pp. cloth. ISBN 0385314299.
Delacorte



You may share a bed, or even a home, but if you aren't having enough real moments together, you and your partner have become roommates. This book is for lovers who have already committed their lives to another. It is for lovers who no longer feel like lovers and want to rediscover their passionate connection again. And it is for lovers who are alone, waiting to live as the lover they are meant to be, until they meet their heart's true connection. Barbara De Angelis is the best-selling author of *Are You The One For Me?* and *How To Make Love All The Time*. In her new book she offers ways of using words and touch to create heightened levels of intimacy, and the means to

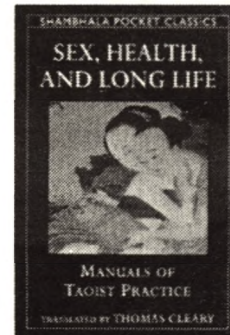
experiencing sex as a sacred communion. Lovemaking can satisfy not only your body, but also your spirit. It is an act of sacred sharing, and you have the power to turn what is usually mere physical pleasure into physical and emotional ecstasy.

Tantra
A Pillow Book
By Anonymous
\$8.00. 64 pp. 4" x 6" cloth.
ISBN 0062512137. HarperCollins.



Tantra is the ancient secret tradition which lies behind the great Hindu love manuals such as the *Kama Sutra*. As with Yoga, aspects of Tantra have relevance for men and women everywhere; its sexual teachings are the reason it has been called "the cult of ecstasy." *Pillow Books* have long been traditional gifts exchanged between lovers; they take their name from the lacquered wooden "pillows" of Japan in which these conveniently small works of erotic instruction and amusement were usually kept. Illustrated with fine art reproductions in full color. This is a special, beautiful book, and highly recommended.

Sex, Health and Long Life
Manuals of Taoist Practice
Translated by Thomas Cleary
\$6.00. 138 pp. paper. pocket size.
ISBN 1570620598. Shambhala



In Taoist health science, vitality, energy, and spirit are called the Three Treasures, and their care and cultivation are considered the basis of health, happiness and long life. In simple terms, *vitality* refers to sexuality, *energy* refers to strength, and *spirit* refers to intelligence. The Taoist alchemy of well-being is the science of combining these three elements in such a way as to maximize the benefits of natural potential, harmonizing instinct, emotion, and reason. In other words, great sex can change your life—creating vibrant health, increasing powers of concentration, reducing stress, and cultivating physical and mental serenity. Thomas Cleary is the renowned translator of more than thirty texts of Taoism, Buddhism and I Ching studies. Here he presents—for the first time in English—five integral Taoist texts which reveal the transformative influence of sex when wisely and properly practiced.

Simple Spells for Love
Ancient Practices for Emotional Fulfillment
By Barrie Dolnick
\$15.00. 159 pp. cloth. ISBN 0517799952.
Harmony

In its simplest state, a spell is an organized wish that actually carries with it some power to manifest—and casting spells is a time-honored tradition. Giving red roses, wearing floral perfumes, and lighting candles to enhance romance are all elementary spells that are rooted in ancient white magic. *Simple Spells for Love*

is a modern-day guidebook for benevolent magic that strengthens commitment and enhances romance. Learn how to use a whole array of spells and charms to clear pathways for love in your life, to heighten your allure with trinkets and glamour, to increase your magnetism with rosebuds and lovage, or to ease your heartache with salt and amethyst. Here are spells for attracting a lover, spells for commitment, spells for fertility, spells for reigniting passion, and spells for breaking up. Prepare for a journey into your mystical side. So long as you believe, spells really do work.

Magick

The Goddess in the Bedroom
A Passionate Woman's Guide to Celebrating Sexuality Every Night of the Week
Zsuzsanna E Budapest
\$10.00. 154 pp. paper. ISBN 0062511866.
HarperSanFrancisco



Who is this Goddess in your bedroom? She is the most important contact you have with your animal self, your "Wild Woman", and her dwelling place is where you live. She controls your intuition, your dreams, and your magical imagination. When you address her according to your needs and the phases of the moon, she will energize you as you energize her. This is the book to enhance and nurture your Goddess self. From a clear-moon bath on Monday to a lusty romp in the woods on Sunday, *The Goddess in the Bedroom* is bursting with sensual suggestions for your womanly spirit. Here are erotic ideas, creative positions, enticing recipes, decorating tips and cleansing rituals to help you focus your energy, increase your passion, and get just what (or who) you want in the bedroom of your dreams.

Women of the Golden Dawn
Rebels and Priestesses
By Mary K. Greer
\$29.95. 490 pp. cloth. ISBN 0892815167.
Park Street Press



The achievements of George Bernard Shaw, William Butler Yeats, philosopher Henri Bergson and Ireland's Sean MacBride—all Nobel laureates—are well known. But few know the story of the powerful women who inspired them—activist Maud Gonne, psychic channel Moina Bergson Mathers, theatrical producer Annie Horniman and actress Florence Farr. Each of these women left a lasting imprint on

EDITOR'S CHOICE

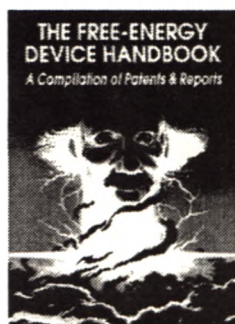
EDITOR'S CHOICE

MATH & SCIENCE

the politics, literature, and theater of the period. Together they formed the heart of the Hermetic Order of the Golden Dawn, meeting to practice magic and work toward spiritual growth. The order was formed in 1888 by Rosicrucian Masons where, for the first time, men and women worked together as equals in magical ceremonies. The contributions of the women transformed the Western traditions of alchemy, astrology, Hermeticism, and ceremonial magic from an intellectual exercise into a dynamic psychospiritual process of self-growth, creativity, and healing. Mary Katherine Greer is a former professor of women's studies, and leads workshops on women's mystery traditions. Her book not only rescues the story of four amazing priestesses and the difference magic made in their lives, but it is also a statement on how magic can work for us today.

Math & Science

The Free-Energy Device Handbook
A Compilation of Patents & Reports
Compiled by David Hatcher Childress
\$16.95. 306 pp. paper. ISBN 0932813240.
Adventures Unlimited Press.



This compilation of various patents, articles, papers, and diagrams for Free-Energy Devices is a visual tool for experimenters and researchers into magnetic motors and other "overunity" devices.

From the earliest concepts of free-energy to the work of the genius Nikola Tesla and the modern-day inventions, this book presents the reader with the reality of "Free-Energy Devices". It is packed with patents, diagrams, and descriptions of various fascinating devices. We learn about the one-piece Faraday generator, macroscopic vacuum polarization, electric charge generation by space rotation, Worthington magnet motor, Swiss M-L converter, unified particle theory and many other wonders.

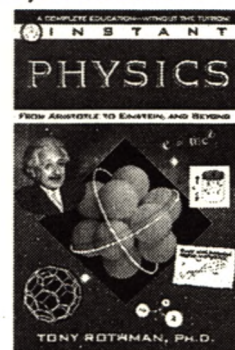
Hyperspace
A Scientific Odyssey Through Parallel Universes, Time Warps, and the Tenth Dimension
By Michio Kaku. Illustrations by Robert O'Keefe
\$14.95. 359 pp. paper. ISBN 0385477058.
Anchor Books



This is a lucid, well-organized book that brings higher physics right down to earth. It is about a scientific revolution created by the theory of hyperspace. The theory states that dimensions exist beyond the commonly accepted four dimensions of space (length, width, breadth and time). Scientifically, the hyperspace theory is called either the Kaluza-Klein theory or supergravity. Its most advanced formulation is called superstring theory which

predicts that we exist not in four dimensions but in ten. The book is divided into four parts. Part one emphasizes that the laws of nature become simpler and more elegant when expressed in higher dimensions. In fact, gravity, electromagnetism, and the strong and weak nuclear forces become easier to understand if the world operates in ten dimensions. Part two emphasizes that hyperspace theory may be able to unify all known laws of nature into one theory. The hyperspace theory may be the crowning achievement of two millennia of scientific investigation: the unification of all known physical forces. It may give us the Holy Grail of physics, the "theory of everything" that eluded Einstein for so many decades. Part three explores the possibility that hyperspace may provide the means to tunnel through space and time. Hyperspace takes into account that our universe is just one among many and might resemble a vast collection of soap bubbles suspended in air. By analyzing Einstein's equations, cosmologists have shown that there might be a web of wormholes, or tubes, that connect these parallel universes, and we could travel between them. Part four speculates on when we will be able to harness the power of the hyperspace theory, because energy far exceeds anything that our planet can muster at present. The book ends by exploring what level of technology is necessary for us to actually implement hyperspace into our daily world. Hyperspace theory takes us far beyond normal, common-sense conceptions of space and time. As we enter the 21st century, this theory is as profound and reality shattering for us as the 16th century realization of a round rotating earth. As the Copernican system proved the heliocentric theory of planetary motion, hyperspace theory may prove there is more to our heliocentric world than space and time.

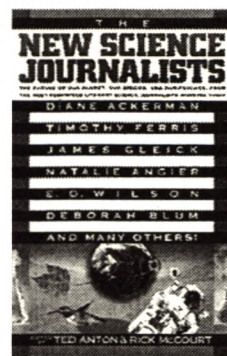
Instant Physics
From Aristotle To Einstein, And Beyond
By Tony Rothman, Ph.D.
\$10.00. 242 pp. paper. ISBN 0449906973.
Byron Preiss Book



Physics is best thought of as the search for the rules that govern the behavior of the universe. Inspired by this great tradition, the plan of *Instant Physics* is to trace the moments of epiphany that have led physicists to discover the most important of the universal rules. And it gives the reader an idea why physicists believe them. *Instant Physics* answers all the heavy questions, but with a light touch. Dr. Tony Rothman explains in clear prose the inner workings of Newton's apple, Maxwell's electromagnetic waves, Einstein's $E=mc^2$, and other established laws of physics. The book is a fun romp through the world of physics and is full of Rothman's wry observations about the state of physics in the world today. It is crammed with special features, including chapter summaries, who's who lists, biographical and historical tidbits, and a host of illustrations, photos, equations, diagrams and drawings. Tony Rothman, Ph.D. is an associate at Harvard

College Observatory and teaches physics and astronomy at Bennington College.

The New Science Journalist
Edited by Ted Anton & Rick McCourt
\$12.50. 340 pp. paper. ISBN 0345383656.
Ballantine

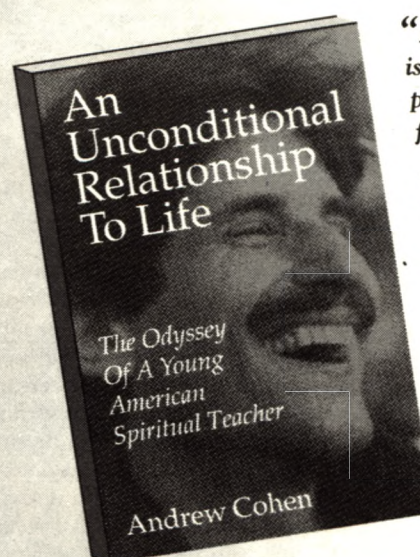


Editors Ted Anton and Rick McCourt have gathered the best of the new science writing into one illuminating volume, showcasing three very different kinds of writers. The first group explores the complexities of our universe with childlike wonder, like Diane Ackerman, John Seabrook, and Elisabeth Rosenthal. The second group, relentless investigators who expose the inside stories of scientific research, includes Deborah Blum, Robert Capers, Eric Lipton, and John Crewdson. And the

third group of writers who, digging through data to uncover trends that many researchers miss, features Timothy Ferris, E.O. Wilson, James Gleick, and many more. These writers are helping to broaden the very boundaries of science by making complex topics such as chemistry, physics, biotechnology, and ecology accessible and entertaining to all kinds of readers. Ted Anton is a teacher and writer himself. He has written for *The Sciences*, *Publishers Weekly*, the *Chicago Tribune* and many other magazines and he teaches nonfiction writing at DePaul University in Chicago. Rick McCourt is both a scientist and science writer. He has contributed over one hundred stories to National Public Radio on biology, astronomy, anthropology and medicine and he teaches biology at DePaul University.



"A hurricane of fresh air..."



"How rare, a realized person who is still exploring, still discovering the principles of the great traditions, free from their cultural chauvinism."

—LEX HIXON, author of *Great Swan* and *Mother of the Universe*

"I wish this book had been available when I began my spiritual journey many years ago. Its uncompromising insistence on integrity in all walks of life could have saved me from many traps inherent in the teacher-disciple relationship. No seeker should leave home without it."

—ANN FARADAY, Ph.D., author of *Dream Power* and *The Dream Game*

ANDREW COHEN'S fourth book, *An Unconditional Relationship to Life*, is a strikingly original and powerfully experiential journey through the modern spiritual world both East and West. Describing the evolution of his own understanding through his meetings with teachers from various traditions, Andrew Cohen weaves an exposé that is surprising in that it is simultaneously provocative and uplifting. Through questioning many of the current spiritual paradigms, this contemporary teacher opens a door to a deeper understanding revealing what the goal of liberation actually is, unencumbered by the usual myths and superstitions which are so rampant in the spiritual world today. The author's bold call to think independently challenges the reader to look beyond that which may have become all too familiar in a way that both inspires and liberates.

Available at bookstores or send \$10.95 plus \$3 shipping (CA res. add 7.25% tax) to: Moksha Press, Dept. BT, P. O. Box 5265, Larkspur, CA 94977 Tel: (415) 927-3210

Men's Studies

The Grail Castle

Male Myths and Mysteries in the Celtic Tradition

By Kenneth Johnson and Marguerite Elsbeth

\$12.00. 228 pp. paper. ISBN 1567183697. LLewellyn



As children, we sometimes experience a feeling of magic, or perfection. As we grow up, this feeling is often lost as we face the inevitable demands of life. Eventually, however, we sense that something is missing, and begin a

new search for our source of inspiration. This book uses the Grail Myth, an important symbolic motif in the West, and many figures from Celtic mythology to illuminate the challenges men face in both mastering the outer world and regaining contact with their inner selves. (In the Grail Myth, the Grail Castle is seen as a mandala, or symbol of the experience of wholeness and transcendence.) Kenneth Johnson and Marguerite Elsbeth devote chapters to four archetypes, representing four fundamental approaches to life: warrior, lover, magician, and king, and they help us see how these figures appear in our own psyche. They guide the reader in the "shaman's quest" beyond the emotional impasse that characterizes our society, and encourage us to discover our own personal myths. There is a sense that many men have lost their way in facing the world of the 1990's. This book shows how the Celtic myths and legends clarify the tasks of manhood and help us regain a sense of wholeness and purpose.

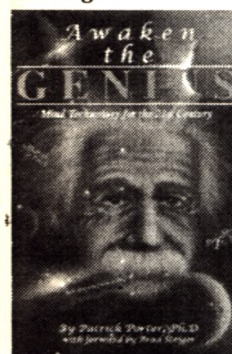
Mental Science

Awaken the Genius

Mind Technology for the 21st Century

By Patrick Porter, Ph.D. with forward by Brad Steiger

\$14.98 231 pp. paper. ISBN 0963761188. PureLight.



Dr. Porter assures us that we each have a "genius" within us. However, he recognizes that each genius may access information and utilize it in any manner. For example, some of us process sensory input effectively through visual means, and others are better with auditory stimuli. Through extensive—but not formidable—exercises, techniques, questionnaires, simple dialogues and many anecdotal illustrations, we are lead step-by-step to a greater understanding of ourselves, especially how and why we may have created our own stumbling blocks and limitations. Then he demonstrates how we may free ourselves from the muck and mire of our self-created psychic mud fields.

"This book was created for those who are ready

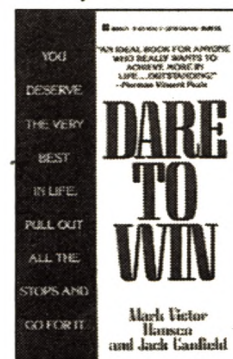
for 21st century thinking, those who want to step out of the prison of their conscious mind and into the world of their imagination, those who know that it is possible to awaken the other level of their mind—the level that exists outside of time and knows no restrictions or limitations."—Patrick Porter

Dare To Win

By Mark Victor Hansen and Jack Canfield

\$5.99. 239 pp. paper. ISBN 0425143422.

Berkley.



Here's a new book from the authors who brought us the phenomenal *Chicken Soup for the Soul*. These noted leaders of self-esteem teach us that we each deserve the very best in life and show us ways to pull out all the stops and go for it.

This life-changing program for personal growth shows us how to stop limiting our expectations, affirm our self-worth, find our true purpose—and learn to fulfill it, and unleash the power that can take us to the top. They claim that this simple program can work for anyone, no matter what their personal goals may be. Here we are challenged to conquer our fears, accept life's challenge, and achieve the happiness we each deserve.

"It's a winning program for success. And it's also great fun to read. I strongly recommend it."—Og Mandino

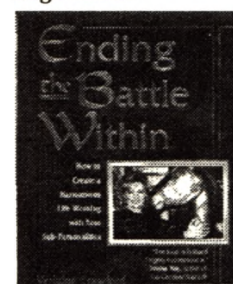
Ending The Battle Within

How To Create A Harmonious Life Working With Your Sub-Personalities

By Verlaine Crawford

\$14.95. 160 pp. paper. ISBN 0964185407.

High Castle



What we consciously desire in our lives can be in direct conflict with subconscious elements of our personalities that resist and undermine what we want to manifest. Our subconscious

mind seems to be made up of ever-shifting sub-personalities with their own well-defined desires, fears and resistances. Verlaine Crawford's book discusses how we need to communicate with our sub-personalities, heal their fears and outdated concepts (often left over from early childhood experience), and create a harmonious consensus to get what we want. *Ending The Battle Within* presents the *Infusion Integration Technique*, a method to reprogram the mind. With creative exercises to help access the feelings one might want to experience, this book helps clarify why ending the battle within will concurrently end the battle without. If nothing else, Crawford's own success story, told in the preface, might well persuade you.

Fulfill Your Soul's Purpose

Ten Creative Paths To Your Life Mission

By Naomi Stephan

\$13.95. 279 pp. paper. ISBN 1883478006.

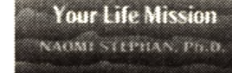
Stillpoint

Maybe you don't know what your mission is, perhaps you doubt that you have

FULFILL YOUR SOUL'S PURPOSE

Ten Creative Paths to Your Life Mission

NAOMI STEPHAN, Ph.D.



an inner landscape of intentional guidance, or the true "voice of your soul". Stephan shows how to seek, identify and express the deep underlying theme that guides and directs all of your activities. Packed with engaging exercises specially designed to free your mind, unblock your creativity and discover your true nature, she shows the befuddled how to find direction. *Fulfill Your Soul's Purpose*—positive, practical and brimming with confidence—should inspire you to live out your destiny as it is meant to be.

One Door Closes, Another Door Opens

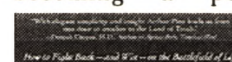
Turning your Setbacks into Comebacks

By Arthur Pine with Julie Houston

\$8.95. 172 pp. paper. ISBN 044050421X.

Dell.

Everyday you hear of things coming to a close. But as "one door closes, another door opens", we have the alchemy of a negative becoming a positive. Through



anecdotes, advice, and quotations, you gain the understanding that a setback (a door closing) is a valuable source of a new strength, and an incentive to move ahead. You find out about cultivating your own "luck" and self reliance. Drawing

on the personal stories of more than fifty celebrities, and written with the philosophy that there is no such thing as failure, this book shows you how you can push, kick, or wedge open the doors that are keeping you from success and happiness.

"What is defeat? Nothing but education; nothing but the first step to something better."

—Wendell Phillips (1811-1884), American orator and reformer.

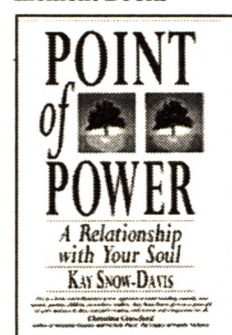
Point of Power

A Relationship with Your Soul

By Kay Snow-Davis

\$10.95. paper. ISBN 1852306335.

Element Books



We are shown that although each of us draw from all four energies of the tree, one area is always stronger and knowing which one can be a step towards personal empowerment. Here you discover your

one, or maybe you need a boost of courage to pursue your destiny. Most people fail to answer their personal callings fully because they lack the tools to see their mission on a deeper level. This book is designed to help you access

own "points of power" and learn how to relate more positively to the various people you meet.

"Point of Power goes directly to the heart of human character and explains how to optimize our highest potential. An excellent work from one of the best teacher/healers I know."

—Barbara Marx Hubbard, author of *Revolutionary Journey* and *Happy Birthday Planet Earth*.

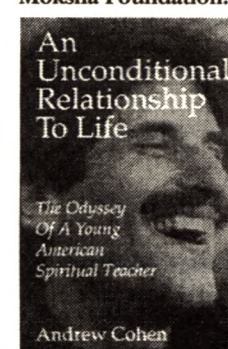
An Unconditional Relationship to Life

The Odyssey of a Young American Spiritual Teacher

By Andrew Cohen

10.95. 176 pp. paper. ISBN 1883929040.

Moksha Foundation.



Andrew Cohen's fourth book is an original and experimental journey through the modern spiritual world, both East and West. Describing the evolution of his own understanding through his meetings with

teachers from various traditions, he weaves a provocative and uplifting expose. Through questioning many of the current spiritual paradigms, Cohen opens a door to a deeper understanding revealing what the goal of liberation *actually* is, unencumbered by the usual myths and superstitions which are so rampant in the spiritual world today. Chapter titles include: Fullness or Emptiness?; A Crisis of Trust; Right View of the Discovery of the Holy Grail; The Modern Spiritual Predicament; The Law of Love; and The Science of Enlightenment. Andrew Cohen's other books are: *Enlightenment Is A Secret*; *Letters of Love*; and *My Master Is Myself*.

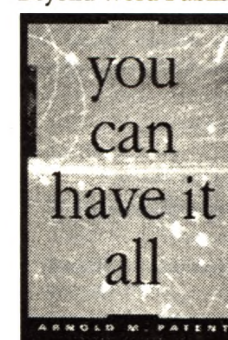
You Can Have It All

Creating a Life of Joy and Abundance

By Arnold M. Patent

\$16.95. 224 pp. cloth. ISBN 1885223056.

Beyond Word Publishing.



Arnold Patent first self-published *You Can Have It All* in 1984. Since then, the book has become a classic, and Patent has become an internationally recognized teacher of Universal Principles and the

mutual support model, leading workshops throughout the United States and abroad. This revised and expanded edition reflects his greater understanding of how the universe functions, and offers clear, practical suggestions as well as simple yet profound exercises for improving the quality

NEW IN HARDBACK

of our lives. This is a guidebook that shows us how to move beyond our beliefs in struggle and shortage, how to open our hearts, and thus how to enjoy a life of true ecstasy and boundless creativity.

"In the game of mutual support, everybody wins."—Arnold M. Patent

Other books by Arnold Patent on Universal Principles and the Mutual

MUSIC

Support Model:

Money and Beyond

\$12.00 paper, ISBN 0961366354, and

Death, Taxes and Other Illusions

\$10.00 paper, ISBN 096136632X.

Music

Artifacts

By Steve Roach

\$17.98. CD. ISBN 1371170822. Fortuna Records.

Not available on cassette.

artifacts



steve roach

Steve Roach, the electronic shaman, has been a standout artist in the alternative music scene for over 13 years. Each successive album is an expression of a musical evolution spiraling ever deeper into the primordial essence of the individual, whilst spiraling ever expansively into the vastness of our common universe. He is prolific, but he never strays into mediocrity. Rather his work attests to the rather remarkable journey of an artist. *Artifacts* expands on his use of didgeridoo, percussion, South American clay flutes, gong, and Javanese gender, along with state-of-the-art electronic keyboards. Fans of Steve Roach, both old and new, will find a powerful catalyst for a Shamanic soundquest in this album.

Celtic Legacy

A Global Celtic Journey

By Narada Collection Series

\$15.98. CD. ISBN 8361639162. Narada Media.

\$9.98. cassette. ISBN 8361639164.



Celtic music comes from Ireland, Scotland, Brittany, Wales, Cape Breton Island, Galicia, and America. It is as vibrant and full of life as the Celtic people themselves. Full of beauty, this music comes from an ancient culture, yet it finds a contemporary relevance with its timeless nature. The inspiring sounds can gently reach the depths of the listener's soul. This collection of tunes, both traditional and original, represents some of the best that Celtic music has to offer. As a compilation of instrumental and vocal compositions, it segues brilliantly, creating a seamless flow from beginning to end. Many of the best artists in Celtic music today are represented here, all perfectly complementing one another.

Officium

By Jan Garbarek and The Hillard Ensemble

\$18.98. CD. ISBN 8118215252. ECM Records.

\$10.98. cassette. ISBN 8118215254.

Sacred choral music is elevated to a new level in this recording by Norwegian musician Jan Garbarek with British vocal group *The Hilliard Ensemble*. The Latin



lyrics of Christian oriented Gregorian and polyphonic chants are joined with a soprano and tenor saxophone accompaniment. The soaring melodies and arpeggios played by Jan Garbarek lend excitement and flight to the devout chanting as it reaches toward the sacred. On other compositions, the saxophone, played in drone style, lends depth and mystery. This album is a stroke of creative genius, blending seeming disparate styles of music and creating a synergy that propels us heavenward.

Shorelife

By Mouth Music

\$17.98. CD. ISBN 1443103092. Rykodisc.

\$11.98. cassette. ISBN 1443103094.



The style of Gaelic vocal music intended for dancing is known as *puirt a beul*, or mouth music. Yet Gaelic vocal music is merely the starting point for the creative efforts of the group known as Mouth Music. They incorporate many of the elements of modern dance house music with a decidedly Celtic sensibility. The lyrics sung by female lead vocalist Jackie Joyce are filled with a deep sense of spirituality and philo-

PRINCETON

RELIGIONS OF INDIA IN PRACTICE

Edited by Donald S. Lopez, Jr.

This inaugural volume of *Princeton Readings in Religions* brings together the work of thirty scholars of the religions of India in an anthology designed to reshape the ways in which the religious traditions of India are understood. The book contains translations of 45 works, most of which have never before been available in a Western language.

"This volume... is like the murmur of a mighty river providing fascinating reading for both scholar and general reader."
—*Library Journal*

Paper: \$19.95 ISBN 0-691-04324-8

PASSIONATE ENLIGHTENMENT

Women in Tantric Buddhism

Miranda Shaw

Miranda Shaw presents extensive new evidence of the outspoken and independent female founders of the Tantric movement and their creative role in shaping its distinctive vision of gender relations and sacred sexuality.

"Shaw's study has the blessing of the Dalai Lama and is the fruit of the trustful tutelage of other high lamas... a rare combination of serious scholarship enlivened by direct personal experience... a balanced reassessment of a tradition too long misunderstood." —*Parabola*
Cloth: \$29.95 ISBN 0-691-03380-3

Audio Best Sellers: Music, Spoken Word & Subliminal

THESE LISTINGS REFLECT SALES FOR APRIL, 1995

CD'S BEST SELLERS:

1. **Inner Peace: Steven Halpern.**
\$15.98. CD. ISBN 9379178502.
2. **Sacred Chants of Tibet: Shartse Monks.**
\$15.98. CD. ISBN 999008596X.
3. **Gifts of Angels: Steven Halpern.**
\$15.98. CD. ISBN 9379178552.
4. **Mystical Chants (SCD5118): Vienna Hofburgkapelle.**
\$4.98. CD. ISBN 8464651182.
5. **Healing — Spiritual Environment 1. Anugama.**
\$16.98. CD. ISBN 9990107203.
6. **Vision — The Music of Hildegard von Bingen.**
\$18.98. CD. ISBN 9990207224.
7. **Toward the Within: Dead Can Dance.**
\$17.98. CD. ISBN 1443640152.
8. **Deep Forest: Deep Forest.** \$18.98. CD. ISBN 9990173702.
9. **Celtic Legacy: Narada Collection.**
\$15.98. CD. ISBN 8361639162.
10. **Concert of Angels: Asha (Denis Quinn).**
\$15.98. CD. ISBN 1826430239.

CASSETTE BEST SELLERS:

1. **Sacred Chants of Tibet: Shartse Monks.**
\$9.98. ISBN 9990085684
2. **Inner Peace: Steven Halpern.** \$9.98. ISBN 9379178504.
3. **Chant: Benedictine Monks of Santo Domingo.**
\$10.98. ISBN 9990196648.
4. **Flamenco Mystico: Gino D'Auri.**
\$9.98. ISBN 999015936X.
5. **One Hand Clapping — Tibetan Bells with Environment.**
\$10.98. ISBN 9990091889.
6. **Talking Timbuktu: Ali Farka Toure.**
\$11.98. ISBN 999019789X.
7. **Healing — Spiritual Environment 1: Anugama.**
\$9.98. ISBN 999010719X.
8. **Enlightenment Tape-Hypnosis/Visualization:**

Bernard Gunther. \$12.00. ISBN 9990118760.

9. **Gifts of Angels: Steven Halpern.**

\$9.98. ISBN 9379178554.

10. **Music for Zen Meditation: Tony Scott.**

\$10.98. ISBN 9990015066.

CASSETTE — SPOKEN WORD BEST SELLERS:

1. **Seven Spiritual Laws of Success: Deepak Chopra.**
\$11.95. ISBN 1878424165.
2. **Creative Visualization: Shakti Gawain.**
\$10.95. ISBN 0931432235.
3. **Celestine Meditations: Salle Merrill-Redfield.**
\$12.00. ISBN 1570422311.
4. **Creating Affluence: Deepak Chopra.**
\$11.95. ISBN 1878424017.
5. **Celestine Prophecy — An Adventure: James Redfield.**
\$17.00. ISBN 1570421048.
6. **Higher Self: Deepak Chopra.** \$16.00. ISBN 0671870289.
7. **Journey into Healing: Deepak Chopra.**
\$10.00. ISBN 0679440895.
8. **Sacred Verses, Sacred Sounds-Hymns of Rig Veda: Deepak Chopra.** \$16.95. ISBN 1878424041.
9. **Ageless Body, Timeless Mind: Deepak Chopra.**
\$17.00. ISBN 0679424318.
10. **Sacred Verses, Healing Sounds—Bhagavad Gita: Deepak Chopra.** \$11.95. ISBN 1878424041.

CASSETTE — SUBLIMINAL BEST SELLERS:

1. **Sleep Soundly—Audioactive Subliminal: Steven Halpern.** \$9.98. ISBN 1878625055.
2. **Self Esteem—Subliminal Mastery Series: Louise L. Hay.** \$10.00. ISBN 0937611751.
3. **Abundance—A Sack of Polished Emeralds: Stuart Wilde.** \$11.95. ISBN 0930603281.
4. **Healing Images: Bernie Siegal.**
\$10.00. ISBN 0937611778.
5. **Enhancing Self Esteem—Audioactive Subliminal: Steven Halpern.** \$9.98. ISBN 1878625152.

TWO BESTSELLERS
NOW IN ONE VOLUME!

UNDERSTANDING THE I CHING

The Wilhelm Lectures
on the Book of Changes

Hellmut Wilhelm
and Richard Wilhelm

Translated from the German by
Cary F. Baynes and Irene Eber

The West's foremost translator of the *I Ching*, Richard Wilhelm thought deeply about how contemporary readers could benefit from this ancient work and its perennially valid insights into change and chance. For him and for his son, Hellmut Wilhelm, it emerges as a vital key to humanity's age-old collective unconscious. Here the observations of the Wilhelms are combined in a volume that will reward readers with its treatment of historical context—and that will serve also as an introduction to the *I Ching* and the meaning of its famous hexagrams.

THIS BOOK WAS ORIGINALLY PUBLISHED IN TWO VOLUMES, *CHANGE: EIGHT LECTURES ON THE 'I CHING'* BY HELLMUT WILHELM AND *LECTURES ON THE 'I CHING': CONSTANCY AND CHANGE* BY RICHARD WILHELM.

Bollingen Series/Mythos Series

Paper: \$13.95 ISBN 0-691-00171-5

PRINCETON
UNIVERSITY PRESS

SPOKEN WORD

sophical sophistication. The overall effect of the album is quite unique, with upbeat danceable rhythms, pop-flavored vocals, dance house arrangements, and unprecedented depth to the lyrics. Leave it to this Scottish band to live up to the adventurous spirit of the Celts.

The Time Between

By Kate Price

\$15.98. CD. ISBN 6488815152. Access Music Group.

\$9.98. cassette. ISBN 6488815154.



Kate Price's debut album immediately brings to mind the brilliant music of Loreena McKennitt. She incorporates elements of Slavic gypsy music with

the lyrical music of the Celts and her original compositions blend seamlessly with traditional music from Europe and the British Isles. Her lovely voice, strong and clear, expresses beautifully the lyrics filled with mythical images and philosophical poetry. She plays the hammered dulcimer, Swedish hummel (a fretted dulcimer with drone strings) and piano, and is accompanied by many fine musicians on guitar, percussion, violin, accordion, recorders and keyboards. This is an excellent album, which brings the promise of popular success.

Toward The Within

By Dead Can Dance

\$17.98. CD. ISBN 1443640152. 4AD.

\$11.98. cassette. ISBN 1443640154.



Dead Can Dance is a group whose music transcends all boundaries of musical classification. Lisa Gerrard contributes influences from Middle Eastern,

Slavic, Italian renaissance, Eastern Orthodox Liturgical, European middle ages, and Celtic musics. She sings with an operatic voice of dynamic piercing clarity, chanting sounds and improvised syllables as well as poetic lyrics. Brendan Perry contributes haunting ballads, filled with literary imagery and passionate emotional depth. He sings with a voice that is like a cross between Frank Sinatra and Jim Morrison of the Doors, conveying effectively the earnest mood of his songs. Collectively, the music of the Dead Can Dance is infused with a dramatic intensity, a dark passion that overwhelms the listener. This concert, recorded live at the Mayfair Theatre in Santa Monica, California, reveals brilliantly the creative genius of Dead Can Dance at their best.

Trance Planet 1 Volume Two

By Tom Schnabel (Producer)

\$16.98. CD. ISBN 4444772102. Triloka Records.

\$9.98. cassette. ISBN 4444772104.



Tom Schnabel has been programming music on KCRW, Santa Monica for many, many years. His access to the world's most unusual music

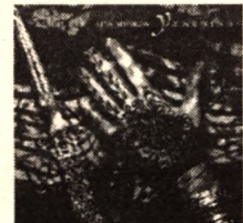
makes him uniquely qualified to compile a collection of compositions contributing to a dreamy, abstract trance mood. His art is his ability to segue creatively from one composition to the next. The flavor of the album leans more toward a modern world fusion, rather than toward traditional ethnic music. Standout artists include Mo Boma, Sheila Chandra, Gol, Madredeus, Dissidenten, Loop Guru and David Hykes. Much of this album contains music otherwise available only on expensive imports.

Yearning

By Robert Rich and Lisa Moskow

\$16.98. CD. ISBN 2504110502. Hearts of Space Records.

\$9.98. cassette. ISBN 2504110504.



This album is perhaps the best example of the fusion of electronic space music with the music of India. In Indian music the slowest part of the raga is

called alap, and is the introduction where the soloist explores and expresses the raga's depths. Lisa Moskow plays traditional style alap from six different ragas on the sarod, a stringed instrument similar to the sitar. Robert Rich adds fathomless depth with electronic keyboards, flutes, gliss guitar, santur, percussion and sound design. Each raga blends into the next for an hour of uninterrupted musical meditation. As the title implies, the overall mood of the album is one of yearning—for the unfathomable, ineffable mystical, spiritual essence.

Spoken Word

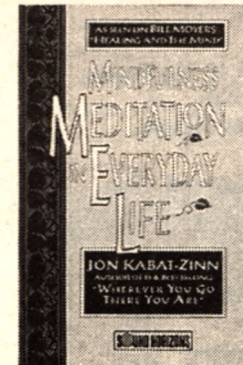
Many of the spoken word cassettes we carry have been listed with their companion books under the appropriate subject heading and are not listed separately in this section. We publish a complete listing of our music/audio and video material, called the Subject Guide to Cassettes, Compact Discs, Video and Video Rental, and Software for the New Age, ISBN 9990041083, 70 pp. This free booklet is available upon request.

Mindfulness Meditation in Everyday Life

By Jon Kabat-Zinn, author of *Wherever You Go There You Are*

\$16.95. 2 cassettes. ISBN 1879323338.

Sounds Horizons Audio-Video.



This session was recorded live at the Open Center in NYC. Kabat-Zinn provides an introduction to his groundbreaking work on stress and meditation, outlining the uses of mindfulness meditation, and leading the listener through some experimental exercises. His down-to-earth, practical methods can help you wake up to the true potential in your life.



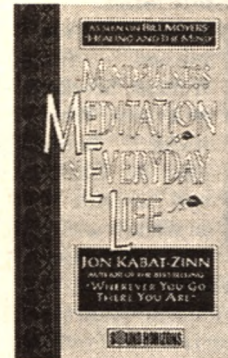
Mindfulness Meditation Workshop

Exercises and Meditations

By Jon Kabat-Zinn

\$24.95. 4 cassettes. ISBN 1879323346.

Sounds Horizons Audio-Video



On this four tape program you'll learn: how mindfulness can be applied to everyday situations, how to feel and move beyond anger, how to practice meditation while walking, standing, or lying down, why

there is no one "right" way to meditate, what meditation can and cannot do for you, and lastly, how to recognize, and even change, the path that you are on. This is an opportunity to open your heart and wake up to your true potential.

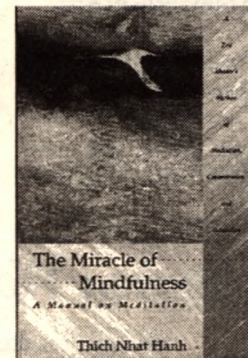
The Miracle of Mindfulness

A Manual on Meditation

By Thich Nhat Hanh, performed by Peter Thomas

\$17.00. 2 cassettes, 2 1/2 hrs, abridged with music. ISBN 0694514624.

HarperAudio.



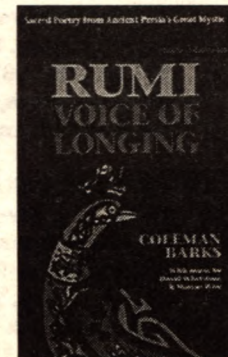
The Eastern emphasis on maintaining self-awareness has become more and more appealing as an antidote to the ravages of our stressful world, and Zen master Thich Nhat

Hanh's manual on meditation is an ideal introduction and life-long guidebook to exploring our inner selves. His spiritual teachings use familiar objects and situations—such as washing dishes, answering the phone and drinking tea—to give us a practical framework on which to build and maintain a more healthful, relaxed and harmonious outlook. Tape one explores Nhat Hanh's philosophy of mindfulness. Tape two consists of his meditations which will help the listener to practice concentration and relaxation.

Rumi: Voice of Longing

By Coleman Barks with music by David Whetstone & Marcus Wise

\$18.95. 2 cassettes, 165 minutes. ISBN 1564552853. Sounds True Recordings.



In the seven centuries since the death of Jelaluddin Rumi in 1273, the world has come to know and thrill to his sacred poetry. In concert with the tabla and sitar, his writing is part of a religious tradition that is believed to excite "spiritual

heroism"; embracing the holiness of love, lamentation, battle and the longing for God. Here we have nearly 100 of Rumi's most memorable quatrains translated and performed by the Rumi scholar Coleman

Barks, with musical accompaniment by Marcus Wise on tablas and David Whetstone on sitar. Includes a special appearance by Robert Bly.

Taoist Healing Imagery

Traditional Chinese Healing Visualization Exercises

By Kenneth Cohen

\$10.95. 1 cassette, 60 minutes.

ISBN 1564552705. Sounds True Audio.



Internationally known scholar and master of the Chinese healing arts Ken Cohen gives us in this cassette a collection of Taoist visualizations seldom taught outside China. This ancient system utilizes traditional Taoist imagery to

build self-awareness, unity of mind and body and ultimately: enlightenment. These healing techniques induce "alpha-theta" brain states, where the unconscious comes to consciousness, and the mind reaches blissful clarity. Ken Cohen gives exact instructions on correct postures, breathing techniques, attunement to nature, mental states and flow of internal energy.

Other interesting cassettes by Ken Cohen are: *Chi Kung Meditations—Taoist Inner Healing Exercises* \$10.95 (1 cassette, 75 minutes. ISBN 1564552721); and *Way of Chi Kung—Master the Breath of Life with Chi Kung—A Complete Study Course* \$52.95 (5 cassettes, 6 hours. ISBN 1564552578).

The Seven Spiritual Laws Of Success

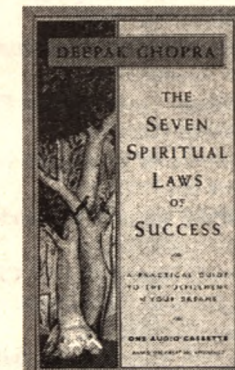
A Practical Guide To The Fulfillment Of Your Dreams

By Deepak Chopra

\$11.95 1 cassette, 90 minutes. ISBN 1878424165. New World Library.

and the companion book,

\$12.95. 116 pp. cloth. ISBN 1878424114. New World Library



Based on natural laws which govern all of creation, Deepak Chopra challenges the myth that success is the result of hard work, exacting plans, or driving ambition. Rather, he says, once we understand our true nature and learn

to live in harmony with natural law, a sense of well-being, good health, fulfilling relationships, energy and enthusiasm for life will bring forth material abundance easily and effortlessly. *The Seven Spiritual Laws Of Success* distills the essence of Chopra's teachings into seven simple, yet powerful principles that can easily be applied to all areas of our lives. His work blends physics and philosophy, the practical and the spiritual, venerable Eastern wisdom and up-to-the-minute Western scientific discovery. "The universal mind choreographs everything that is happening in billions of galaxies with elegant precision and unfaltering intelligence. It's intelligence is ultimate and supreme, and it permeates every fiber of existence: from

NATIVE AMERICAN TRADITIONS

the smallest to the largest, from the atom to the cosmos. Everything that is alive is an expression of this intelligence. And this intelligence operates through "The Seven Spiritual Laws."

Other excellent cassettes by Deepak Chopra are: *The Higher Self* \$16.00 (2 cassettes, 2 hours. ISBN 0671870289. Simon & Schuster); *Sacred Verses, Healing Sounds—Volume II, Hymns Of The Rig Veda* \$11.95. (1 cassette, 60 minutes. ISBN 1878424106. New World Library); *Sacred Verses, Healing Sounds—Vol I, The Bhagavad Gita* \$16.95. (2 cassettes, 128 minutes. ISBN 1878424041. New World Library)

Native American Traditions

Grandfather

A Native American's Lifelong Search for Truth and Harmony with Nature

By Tom Brown, Jr.

\$10.00. 202 pp. paper. ISBN 0425138046. Berkley

Tom Brown is one of America's best known outdoorsmen and the best-selling author of a series of field guides bearing his name. His books on tracking, survival, and awareness deal with the various skills needed to take someone back to the wilderness to become, once again, a child of the earth. His others deal with the philosophy of wilderness and deeper spiritual quests. His latest book brings all his previous work together in a moving portrait of the man Stalking Wolf, his "Grandfather", who influenced all that Brown is.



Brown Jr. reveals where the philosophy and skills that he teaches originate. "He was truly one of the ancients, part man, part animal, and almost entirely spirit. His home was the wilderness, and in wilderness he tested all things."



Sastun

My Apprenticeship with a Maya Healer
By Rosita Arvigo, with Nadine Epstein

\$11.00. 190 pp. paper. ISBN 006250259X.

Harper

As alternative practitioners, Rosita Arvigo and

her husband Greg wanted to live in a country where medical freedom and traditional healing were still honored. So they moved to Belize because it has a

Grandfather's phenomenal wisdom was not strictly of the Native American culture, but a result of his own wandering and searching. After fourteen years of wandering and teaching himself, Tom

thriving, highly respected tradition of *curanderos*, healers and herbalists, and there is no "medical practice law" that makes natural healing a crime. Once settled, Rosita, a naprapathic physician and a herbalist, apprenticed to

EDITOR'S CHOICE

Don Elijo, "an old Mayan bush doctor" who had practiced his ancient system of medicine for more than fifty years. Her story, and her quest to study and sustain rainforest plants and the shaman's way, is both enlightening and poignant. Despite the threat against the rainforests and traditional healers of the world, both remain an enormous repository of valuable medical knowledge. Rosita's unique experience serves to bridge the gap between the traditional healer's wisdom and modern medical techniques.

Selu

Seeking the Corn-Mother's Wisdom

By Marilou Awiakta

\$14.95. 336 pp. paper. ISBN 1555912060. Fulcrum

Part story, part essay, part poetry, *Selu* creates the sense of an ancient knowledge brought to bear on modern life. Marilou Awiakta is a Cherokee Appalachian story teller who has lived in the southern Appalachian mountains for more than seven generations. She received the Distinguished Tennessee Writer Award in 1989 and the Outstanding Contribution to Appalachian Literature Award in 1991. In her introduction to this inspiring book about "The Mother of us All" she writes:

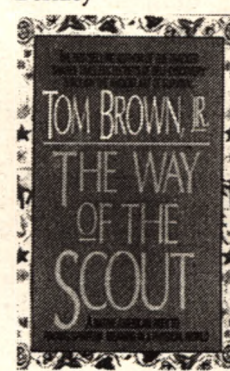
"Essays/Stories/Poems interweave in a pattern. Outer side of basket is a path to Selu. Inner side is Selu herself. We walk the path together, gather thoughts, then contemplate Selu's wisdoms as presented by Native Americans who have preserved them. We consider applications of wisdoms to life, government and the general good. Reason for Making Our Journey: So we won't die. Neither will Mother Earth."

The Way of the Scout

A Native American Path to Finding Spiritual Meaning in a Physical World

By Tom Brown, Jr.

\$12.00. 288 pp. paper. ISBN 0425147797. Berkley



In the Native American tradition, the scout is the eyes and ears of the clan, highly attuned to the earth and the "spirit that moves through all things." Through skills that sharpen the powers of observation and unlock the mysteries of the physical

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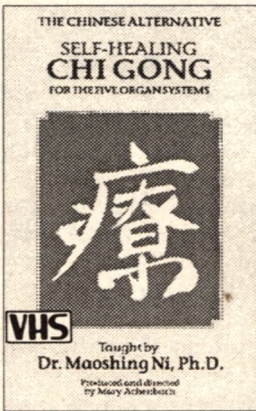
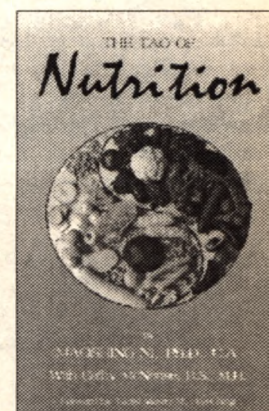
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NEW AGE PHILOSOPHY

world, the way of the scout opens the mind to heightened perception and true enlightenment. Tom Brown Jr. reveals the secret training methods of this ancient art, which conveys a powerful message about personal awareness, peace and self-transformation. Here is a way to look deeper, a way to live fuller, and a way to transcend the limits of our bodies and minds. Tom Brown Jr. learned tracking and hunting from the age of eight. He founded and continues to run a renowned survival school and is also the author of the bestselling wilderness guides that bear his name. He learned the way of the scout from his Native American mentor, Grandfather (see the book "Grandfather" above.)

New Age Philosophy

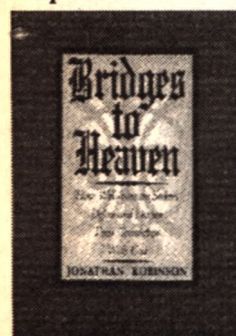
The future belongs to those who believe in the beauty of their dreams.—Eleanor Roosevelt

Bridges to Heaven

How Well-Known Seekers Define and Deepen Their Connection With God

Edited By Jonathan Robinson

\$14.95 paper 219 pp. ISBN 0913299987. Stillpoint.

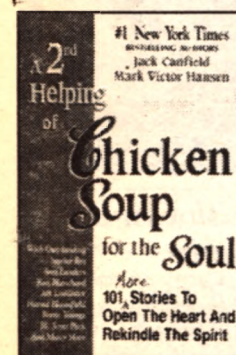


We all have spiritual feelings and experiences. In this book, Robinson asked several well-known spiritual seekers and facilitators to respond to ten distinct questions about their own experiences and share

with us their personal search for the miraculous. For example he asks, "When you meditate and/or pray, how do you connect with the Divine presence?" and "If you had one piece of advice to give someone who wanted a deeper relationship with God, what would you tell them?" From this wealth of inspiring stories and shared experiences we gain insight into our own search for a more meaningful and intimate relationship with God. It's almost as good as sitting with such people as Lynn Andrews, Mantak Chia, Wayne Dyer, Kenny Loggins, and Brother Steindl-Rast (among many others) to talk about and explore the perennial questions.

"I am satisfied that when the Almighty wants me to do or not do any particular thing, He finds a way of letting me know it."

—Abraham Lincoln



A 2nd Helping of Chicken Soup for the Soul

101 More Stories to Open the Heart and Rekindle the Spirit

By Jack Canfield & Mark Victor Hansen

\$12.95. 329 pp. paper. ISBN 1558743316. Health

Communications, Inc.

Canfield and Hansen's first collection of inspiring stories captured the imagination of millions of readers with its uplifting message of hope and inspiration.

Now, with a nation still hungering for more good news, they've gone back to work and cooked up another

EDITOR'S CHOICE

batch of life-affirming stories to warm our hearts, soothe our souls and buoy our emotions. With these stories, we can learn the gift of love, the power of perseverance, the joy of parenting and the vital energy of dreaming. Above all, we can experience the possibility of the magic that can change forever how we look at ourselves and the world around us.

Their bestselling, first book is,

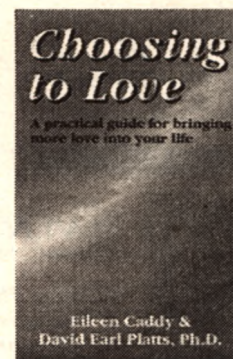
Chicken Soup For The Soul

101 Stories to Open the Heart and Rekindle the Spirit

By Jack Canfield & Mark Victor Hansen

\$12.95. paper. ISBN 155874262X. Health Communications, Inc.

This is a collection of inspirational stories that help us remember the important things in life: love, connection and gratitude. Two popular inspirational speakers share the very best of their collected stories and tales that many people find transforming. It's remarkable how inspiring these readings can be: some are familiar teachings from well known sources, others are just those precious stories that bring tears or smiles. This is a warm, wonderful, uplifting and inspiring book; a real illumination of the heart chakra.



Choosing to Love

A practical guide for bringing more love into our life

By Eileen Caddy & David Earl Platts, Ph.D.

\$9.95. 128 pp. paper. ISBN 0905249909.

Findhorn Press

and its companion workbook,

Bringing More Love Into Your Life: The Choice Is Yours

A step-by-step guide from the Findhorn Foundation using Psychosynthesis principles and techniques

By Eileen Caddy & David Earl Platts, Ph.D. \$19.95. 288 pp. paper. ISBN 0905249755. Findhorn Press

"Your task is not to seek love, but merely to seek and find all of the barriers within yourself that you have built against it. It is not necessary to seek what is true, but it is necessary to seek for what is false."

—A Course In Miracles

The general design of *Choosing to Love* and its companion workbook, *Bringing More Love Into Your Life* is based upon the above statement from *A Course In Miracles*. The two books use many of the principles and techniques of "Psychosynthesis" to explore whatever blocks us from making the choice to give and receive love more fully. Psychosynthesis is a holistic educational and psycho-spiritual approach to human growth and development. It recognizes the essential transpersonal or spiritual nature of human beings, and suggests that self-mastery begins with self-knowledge and self-understanding. *Choosing to Love* consists of edited excerpts from the workbook and focuses on theory and explanation. It includes meditation and creative visualization exercises to begin the process of removing obstacles to loving. The workbook is a step-by-step

guide leading one through a carefully sequenced set of techniques and exercises and, using the principles of Psychosynthesis, draws on creative writing, drawing, questions to the self, and readings for self-exploration. The workbook leads us to "a deep, poignant moment of recognition—that what makes life worthwhile is to love and be loved; that without first loving yourself, there is nothing to give to others; and that the source of love and wisdom lies within". The primary lesson in life is to learn to love. It is why we are here on Earth.

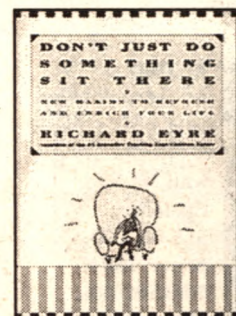
Don't Just Do Something, Sit There

New maxims to refresh and enrich your life

By Richard Eyre

\$8.95. 175 pp. paper. ISBN 0671887297.

Fireside/Simon & Schuster.



In his wise, witty, and down-to-earth style, Richard Eyre challenges the "wisdom of the ages." Recognizing that there are changing circumstances, situations, and options in our society, he re-

shapes common clichés into inspiring thoughts relevant to the way we live now. Using both entertaining anecdotes and profound insights into human nature, Eyre helps you move from outdated, often guilt-inducing assumptions to new, liberating, and energizing attitudes. In an epilogue, he states that the maxims presented in his book all seem to embody the following four principles: honor relationships over achievements; select quality over quantity; value "choose-to-dos" over "have-to-dos"; and believe in spontaneity as much as structure.

"Get Serious," becomes "The reason angels can fly is that they take themselves lightly."

I Had It All the Time

When Self-Improvement Gives Way to Ecstasy

By Alan Cohen

\$12.50. 318 pp. paper. ISBN 0910367531. Alan Cohen Publications.

Through wit and deep understanding, Alan Cohen asserts that this could be the last self-help book you will ever read. "If you grasp its principles, you will not need to fix yourself again. In contrast to many self-help techniques which play on the reader's sense of inadequacy, this volume makes a clear and uncompromising stand for inner strength.



I do not purport to add to the truth you know; everything you need to know is already within you. Instead I shall remind you that you have simply been looking for answers in the wrong place—out there instead of within." His book is designed to help us to unearth our own hidden treasures and awaken the master within. Cohen states, "The days of self-improvement are gone, and the era of self-affirmation is upon us. It is time to quit improving yourself and start living." And further, he says, "The power of your life is now returned to your

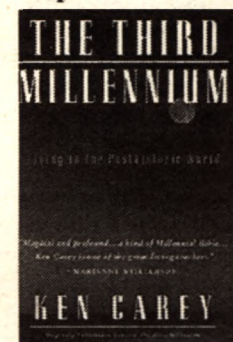
own hands, where it has always been. You had it all the time." You will find welcome relief in this dynamic, heartfelt, and humorous array of illuminating insights.

The Third Millennium

Living in the Posthistoric World

By Ken Carey

\$17.00. 202 pp. cloth. ISBN 0062512447. Harper SF



Marianne Williamson calls *The Third Millennium* "a kind of Millennial Bible." In it the author of *The Star Seed* *Transmissions* and *Return of the Bird* Tribes continues to open our minds and hearts to new

modes of perception and understanding. In a voice both illuminating and poetic, Ken Carey awakens us to the interconnectedness between our own transformation, the salvation of this planet and every form of life on it: the personal is planetary. The book discusses in depth our own

EDITOR'S CHOICE

capacity to live spontaneously and instinctually. And this will help us tap into our innate ability to move beyond the limitations of language and ingrained beliefs. Carey's theory leads us to a spiritual awakening linking one to the multiple levels of Eternal Being. In this mesmerizing manual for life in the next era, he shows us how to use the spiritual tools we already have to make our destined evolutionary leap.

"Your human vision enables you to glimpse the future, to sense its promise, its peril, its potency, because you yourself are the means of that future's creation."—Ken Carey

Numerology

Numerology

Key to your Inner Self

By Hans Decoz with Tom Monte

\$12.95. 272 pp. paper. ISBN 0895295660. Avery

Here's the definitive introduction to the basic concepts and application of numerology, by a professional with a rare understanding of the order of nature. Hans Decoz begins with a fascinating explanation of what numerology is and an intriguing look at the philosophy behind it. Then he examines how numerology



works, focusing on the numeric meanings of personal names, birth dates, and language in general. He includes a step-by-step guide to calculating significant numbers and interpreting them in chart form. Special

attention has been paid to keeping the math simple and unthreatening, while Decoz emphasizes how numerology can apply to the reader personally. Ever notice how some numbers seem to follow us through the course of our lives? Birth dates, anniversaries, age—even the num-

OCCULT

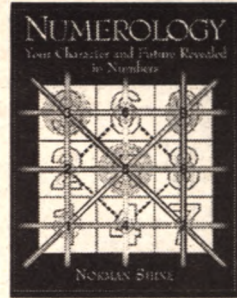
bers we choose on our lotto ticket—have deeper personal meaning than we sometimes think.

Numerology

Your Character and Future Revealed in Numbers

Norman Shine

\$14.00. 128 pp. paper. ISBN 0671503030. Simon & Schuster



Your name can tell you who you are and your date of birth can predict your future. Norman Shine has written an excellent book for the novice and for those already familiar with numerology. He

starts with the basic nine number characteristics and shows how each letter of the alphabet corresponds to one of the basic nine numbers. Once you understand these basics, you can tap into the energy and power of numbers. Each number is an energy source. It is the way that these energies combine and interrelate that determines how and why you behave the way you do. Shine has devised a system that allows you to see concretely how these energies work. He then shows you how to create a name diagram chart, which becomes a diagram for your life. It will show the areas in your life where you are strong, and point out areas that you might work on to enjoy a more productive and joyful life. He also uses the charts of many well known people to show how you can use or misuse the energies you have been given. The colorful illustrations and charts do a wonderful job of allowing you to really see how numerology works. Shine goes on to define psychic numbers, fate numbers and masculine and feminine numbers, and shows how they work in the cycles of your life. The last portion of the book explains how numerology and astrology work together. *Numerology* is an easy-to-understand, clearly illustrated book that explains how numerology works in our lives. Norman Shine is a consultant numerologist and astrologer.

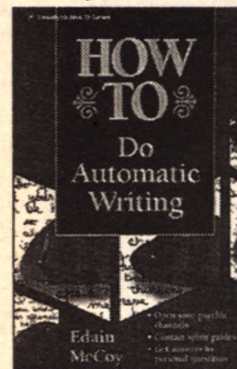
Occult

How To Do Automatic Writing

Llewellyn's How To Series

By Edain McCoy

\$3.99. 267 pp. paper. ISBN 1567186629. Llewellyn.



The mind has more marvelous powers than you or I have ever dreamed of—and humanity has barely begun the wonderful evolutionary journey that will let us tap into them all at will. In learning to do Automatic Writing you are

extending—by just a little—the tremendous gift that lies within, which is the Life Force itself. Here is a beginner's guide to automatic writing. It clearly instructs readers through each step of learning and then using automatic writing as a tool for

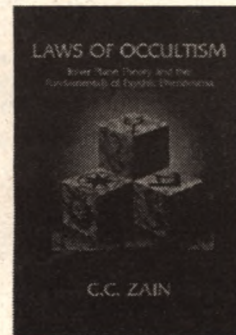
divination and spiritual growth. Ten short chapters detail everything from what automatic writing is and how to use it, to where to go for additional resources. Helpful explanations clarify each step of instruction—along with charts, study points and visual aids.

Laws of Occultism

Inner Plane Theory and the Fundamentals of Psychic Phenomena

By C. C. Zain

\$14.95. 175 pp. paper. ISBN 0878873716. Church of Light.



The word "occult" means hidden or unseen—that which is not readily perceptible to the physical senses. *Laws of Occultism* thoroughly explains the most common occult phenomena. It includes the nature of psychic

experience, ESP, mediumship, spirit communion and phenomenal spiritism; the structure of the soul and laws governing its birth into physical form; the nature of the inner plane, the physics of astral substance and astral vibrations. The theoretical basis for such phenomena is shown to rest on logical extensions of Einstein's special theory of relativity, bringing new insights into the important subjects which lie on the periphery of modern science. This book provides a good foundation for any serious student of occult and inner plane phenomena. C. C. Zain provides study questions for each chapter as well as a complete index. This volume is one of the 21-volume *Brotherhood of Light* series on the Hermetic Sciences. Together they form the foundation for a complete course of study.

The Sanctified Body

A Gripping Investigation of Bilocation, Levitation, Supernatural Energy and Other Mystical Phenomena

By Patricia Treece

\$11.95. 403 pp. paper. ISBN 0892435526. Triumph™ Books.

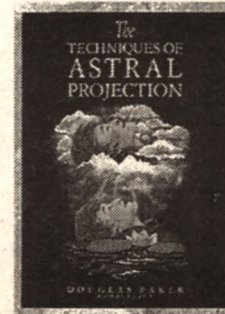
Patricia Treece is an expert on nineteenth and twentieth century saints and mystics, and brings eleven years' research to this fascinating report on the human body in its sanctified state. Many of the phenomena she examines have been reported in the major religions, supporting her contention that the body—with the mind and soul—must play a central role in spiritual life. For Treece, mystical phenomena speak of "the ability to enter another reality, the spiritual dimension, and be engaged there in a passionate relationship." In this book there are many mystical events described that "rise phoenix-like from the ashes to which logic reduces them. These force recognition that there are realities which belong 'to the abyss where science stops.' In those depths we can be profoundly affected—our lives even changed—by matters about which, to

paraphrase a sigh of the *Upanishads*, words of analysis would only weary us." This is a book written in a readable, down-to-earth style, and has many fascinating stories and quotes. Treece provides chapter notes, as well as an index and bibliography.

The Techniques of Astral Projection

By Dr. Douglas M. Baker

\$11.00. 92 pp. paper. ISBN 0950550256. Douglas Baker.



We are living at a time when numbers of people are having out-of-body experiences, or astral projections. This subject is of extreme significance in this materialistic age, as it proves conclusively the possi-

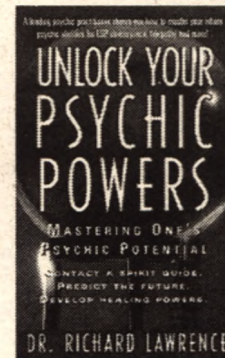
bility of life after death. However, it is a phenomenon often brushed aside by the medical profession. In this book Dr. Baker supplies us with case-histories proving the reality of astral projection. He also details the various techniques whereby the astral body can be brought out of alignment with the physical, so that the individual can be made increasingly conscious in the astral world. Finally, he describes that astral world, and what we may expect to find there. His book is fully illustrated with insightful black and white drawings by Patricia D. Ludlow.

Unlock Your Psychic Powers

Mastering One's Psychic Potential

By Dr. Richard Lawrence

\$4.00. 205 pp. paper. ISBN 0312954123. St. Martin's



We are all born with psychic powers, but few of us learn how to control them or make them work for us. Richard Lawrence, a practicing psychic, explains how a mysterious faculty can be awakened within us to help

us read the forces of destiny that govern our lives. In this readable and wise guide, he teaches how to unlock the way to one's inner self with a most comprehensive and wide-ranging guide to psychic techniques. Here you will discover how the *I-Ching*, tarot cards, numerology and the crystal ball can help you tap into your particular talents, what breathing exercises can do for your psychic energy, how to see auras, how to contact "the other side", what mysteries can be unlocked by your dreams, what you need to know about channeling, spirit guides, ghosts and poltergeists, and finally, what practices are safe—and which ones should NEVER be fooled with.



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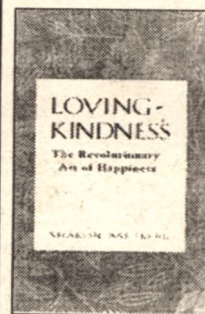


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The Bodhi Tree stocks over two hundred Tarot Decks. A complete list is available upon request.

The Ancient Egyptian Tarot

By Clive Barrett

\$29.00. 78 card deck (3" x 5") & 152 pp. book set. ISBN 0850309689. Aquarian.



It is traditionally accepted that the Tarot originated in Egypt. Certainly, Egyptian symbolism has inspired Tarot designers for hundreds of years and in this beautiful re-working of the Tarot,

author and artist Clive Barrett has returned the Tarot to the land of its ancestors. Taking over five years to research, he has painstakingly pieced together Egyptian life and mythology, basing his designs on archaeological knowledge and historical fact. The accompanying book gives a full yet concise history of the Tarot, instructions on how to use the deck, and full background information about the characters and scenes depicted on each of the 78 cards.

The Book of Runes

Tenth Anniversary Edition

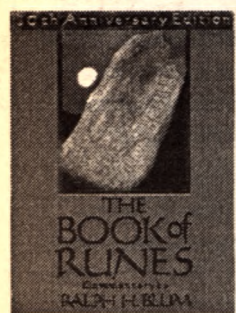
Commentary by Ralph Blum

\$29.95. Boxed Set Includes Book, Runes & Pouch. ISBN 0312097581. St. Martin's Press

Runes & Pouch separately (no book),

\$15.00. Runes only. ISBN 9990089264.

Runeworks.



After research into history, philology, and archaeology, Ralph Blum has devised a system for using the Runes as a contemporary Oracle. Akin in function to the Tarot and the *I Ching*, the

Runes are a means of communication with the knowledge of our subconscious minds. *The Book of Runes* has established itself as a remarkable aid in practical decision making and is a profoundly useful self-help tool.



Cyber Tarot

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Developed by

Doug Rushkoff

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0062511971) and

Disks for PC

Windows (ISBN

0062511963)

format. HarperCollins Interactive.

While beginners will find it fun and easy, this is the only current tarot software with the speed and versatility required by advanced users. Two graphically brilliant decks are offered: Rider-Waite and the Cyber deck, the first tarot cards to exist solely in electronic form. It performs

rapid shuffles and readings. With this program, you have the ability to add personal thoughts, information, and interpretations to each card. You have a choice of four different spreads plus an extra utility for creating your own customized spreads.

The Dowsing Rod Kit

Contains L Rods, Marker Pegs, Notepads and Illustrated Book

Compiled by Sig Lonegren, author of *The Pendulum Kit*

\$27.95. 160 pp. book & kit. ISBN 0804830495. Tuttle.



Dowsing does work. It's not known how or why, but you can prove it to yourself. In this book and with the material contained in the kit, you will learn where to start, what questions to ask, and how to apply your new

skills to finding water, lost objects, earth energies, interpreting your dreams and orienting your furniture. You also learn about the thinking behind dowsing as well as the practice of and the link between this ancient art and inner growth. As each specific field of dowsing, such as Feng Shui or dreams, requires slightly different skills, each chapter includes exercises designed to get you started. The book features simple and clear two-color illustrations and charts.

"What in the world can you dowse for? Anything you can think of!"—Sig Lonegren.

The Rider Tarot Deck

Conceived by Arthur Edward Waite

\$13.00. deck. ISBN 091386613X.

U.S. Games

\$10.00. mini-deck. ISBN 0913866598.

U.S. Games



This deck was designed by Pamela Colman Smith under Waite's direction. It's outstanding feature is that all of the cards depict full scenes with figures and symbols readily suitable for reading. This is an accessible, basic

deck for both beginning and advanced Tarot readers and is compatible with *Tarot Made Easy*, and *The Pictorial Key to the Tarot*.

Runes in Ten Minutes

A Comprehensive, Step-by-Step Guide to the Wonders of Runic Divination

By R. T. Kaser

\$10.00. 403 pp. paper. ISBN 0380776057.

Avon

Two thousand years ago the tribes of Europe were guided by runes—a mystical alphabet carved in stone and used to attract luck, provide protection, and work magic in a magical world. Because the meanings of the individual rune stones are enshrouded in esoteric traditions and metaphysical theory, until now they have been difficult for the beginner to master. *Runes in Ten Minutes* takes readers from



simple, one-rune readings to fuller, more complicated readings using all 24 rune stones. For those who do not have their own stones, R. T. Kaser shows how to create your own, as well as how to substitute Scrabble tiles for

The Tarot of the Orishas

Created by Zolrak, illustrated by Durkon

\$29.95. 77 card deck and 408 pp. book

set. ISBN 1567188427. Llewellyn

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\$19.95. 77 card deck. 3" x 5" ISBN

1567188435. Llewellyn Publications.



The magic and mystery of ancient Africa is brought to life with this authentic Tarot deck of Yoruba origin. It is for use in meditation, divination or magic. It has the potential to arouse the sacred, potent

and pure archetypal energies of the human spirit. The deck is 77 full color cards illustrated by Durkon with booklets in both English and Spanish. The set contains a bilingual 408 page book which serves as a guide to the deck.

Poetry

Love Poems

Everyman's Library Pocket Poets

Selected and edited by Peter Washington

\$10.95. 256 pp. cloth. ISBN 0679429069.

Knopf



It has often been said that love, both sacred and profane, is the only true subject of the lyric poem. This classically designed collection of poets' timeless visions of love exalts every aspect of the experience: pleasures and pains,

faith and betrayal, absence, estrangement, loss and redemption. Each piece offers something distinctive to our understanding of love, whether it hails from ancient India and Greece, medieval Japan or modern America. Most of the poems come from the nineteenth century, and besides that draw heavily on the sentiments of writers like John Donne, Marvell, Boris Pasternak, Robert Graves and Shakespeare. But look out for the others: "The Rival", by Sylvia Plath (1958), "A Pomegranate", by Diodoros Zonas (c. 100 B.C.), "Her Face", by Arthur Gorges (16 Century).

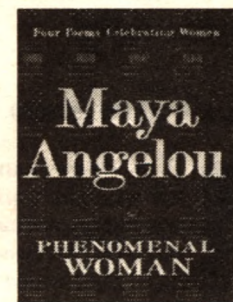
Phenomenal Woman

Four Poems Celebrating Women

By Maya Angelou

\$10.00. 22 pp. cloth. ISBN 0679439242.

Random House



Four of Maya Angelou's most memorable poems for women are bound and reset in a special edition to share as a gift or to keep for rereading. Her words never dull or cease to inspire. Long

before Angelou read *On the Pulse of Morning* at Bill Clinton's inauguration, she was a poetry reader's delicacy, even though she's more generally known for her autobiographical *I Know Why the Caged Bird Sings*. This book comes in the wake of the best-selling *Wouldn't Take Nothing for My Journey Now*. Her poems celebrate the miracle of women, their power, their fortitude and the song in them too.

Pretty women wonder where my secret lies.

I'm not cute or built to suit a fashion model's size

But when I start to tell them,

They think I'm telling lies.

I say,

It's in the reach of my arms,

The span of my hips,

The stride of my step,

The curl of my lips.

I'm a woman

Phenomenally.

Phenomenal woman,

That's me.

The Sound Of Water

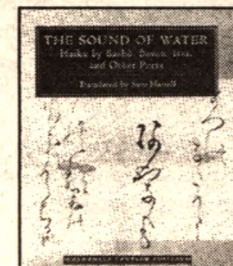
Haiku by Basho, Buson, Issa, and Other Poets

Translated by Sam Hamill

Illustrated by Kaji Aso

\$11.00. 125 pp. 4 x 5 inches. paper.

ISBN 1570620199. Shambhala



Each haiku in this collection makes you pause to glimpse it's image in your mind. You might sense the beauty of the words, and reflect on the inspiration it takes to put so

few words together that impress so profoundly. Haiku may be the most popular and widely recognized poetic form in the world. In just three lines a great haiku presents a crystalline moment of image, emotion, and awareness. Elements of compassion, silence, and a sense of temporality often combine to reveal a quality of mystery. Collected here are over two hundred of the best haiku of Japanese literature, written by the great masters of the genre from the seventeenth to early twentieth century, and translated by one of America's premier poet-translators.

Like misty moonlight,

watery, bewildering—

our temporal way—Issa

William Blake

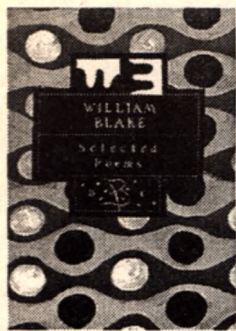
Selected Poems

By William Blake

\$9.95. 127 pp. cloth. ISBN 0312119372.

St. Martin's Press

After his first mystical experience at the age of ten, William Blake was committed to a vision of life in which energy and



imagination waged war against the oppressive forces of rationalism and materialism. He was a social, political, and religious libertarian. His work, even his short, piercing lyrics, was largely ignored during his lifetime. Most of his contemporaries diagnosed him as insane but he is now thought of as the first Romantic and his work has far outlived his contemporaries. This selection of poems pays homage to Blake's joyful spirit and brilliance. To read them at the end of a day is to enjoy a moment of splendor and divinity.

Eternity

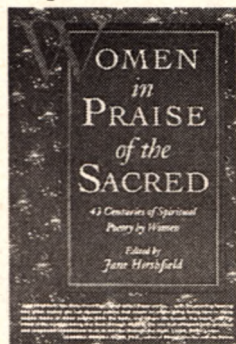
*He who binds to himself a joy
Does the winged life destroy;
But he who kisses the life as it flies
Lives in eternity's sun rise.*—William Blake.

Women in Praise of the Sacred

Forty three Centuries of Spiritual Poetry by Women

Edited by Jane Hirshfield

\$12.00. 258 pp. paper. ISBN 0060925760. HarperPerennial



Traditionally, most spiritual poetry has been written by men, not because the experience of the sacred is more common for men than for women, but because until quite recently, social factors have not encouraged women to record their experience. This book—a record of intimacy with the sacred as it has been expressed by women in poetry, song and prayer for over forty-three centuries—shows that the numinous does not discriminate and that infinitude and oneness is not exclusive. Here is poetry from all over the world and

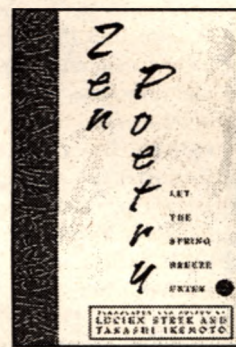
throughout history: ancient Sumeria, Classical Greece and Rome, Ethiopia, Israel, Iraq and Byzantium, India, Asia, Europe, Mexico, Russia and the United States. As Hildegard of Bingen wrote, "the world tree is blossoming". Here we encounter many expressions, each with its own fragrance, of the universal experience of divine presence.

Zen Poetry

Let The Spring Breeze Enter

Translated and Edited by Lucien Stryk and Takashi Ikemoto

\$11.00. 124 pp. paper. ISBN 0802134076. Grove Press



Zen began its rapid growth in early T'ang China, as a product of the merging of the recently introduced Buddhism of the Indian monk Bodhidharma, who reached China in 520 c.e., with Taoism, the

reigning philosophy of poets and painters for some thousand years. Providing a rigorous discipline and insisting on the primacy of meditation, Zen Buddhism's temples and monasteries were havens for seekers of truth. Art was seen as one way to that truth. The artist's visions were held to be revelatory; painting and poetry put men in touch with the absolute. These writers of poems did not think of themselves as poets. Rather they were gifted men—masters, monks, some laymen—who, after momentous experiences, found themselves with something to say which only a poem could express. Enlightenment, the point of their meditation, brought about transformation of the spirit; a poem was expected to convey the essential experience and its effect. This superb anthology includes the best of Zen poetry. It is the largest and most comprehensive of its kind to appear in English. The translations are precise and sublime. The selection of poems spans 1,500 years, from the early Tang dynasty to the pre-

sent day and includes many poems that have never before been translated into English. Ranging from Chinese poetry of enlightenment and death to the quintessential Zen art of haiku, from the celebrated poems of the Japanese masters to an impressive selection of poems by Shinkichi Takahashi, Japan's greatest contemporary Zen poet, this collection offers us the profound wealth and scope of Zen poetry in all its beauty and clarity.

*Who dares approach the lion's
Mountain cave? Cold, robust,
A Zen-man through and through,
I let the spring breeze enter at the gate.*

—Daigu (1584-1669)

Psychology

"We all have a different past, in common."

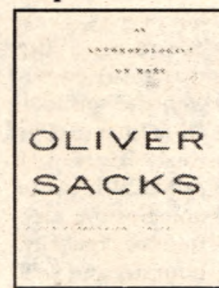
—Larry Gelbart, comedy writer.

An Anthropologist On Mars

Seven Paradoxical Tales

By Oliver Sacks

\$24.00. 328 pp. cloth. ISBN 0679437851. Knopf



Oliver Sacks' new book explores the countless ways that human organisms—people—adapt and reconstruct themselves when faced with the challenges and vicissitudes of life. He offers seven portraits of individuals who have been afflicted by neurological conditions as diverse as Tourette's syndrome, autism, amnesia and total colorblindness. Their stories reveal how defects and diseases can bring out latent powers and forms of life that might never be seen or imagined in their absence. It is the paradox of disease, its "creative" potential that forms the central theme of this book. Here the author of *Awakenings* has taken off his white coat and joined his subjects in their own environments, where nature and the human spirit collide in unexpected ways to create an entirely new world.

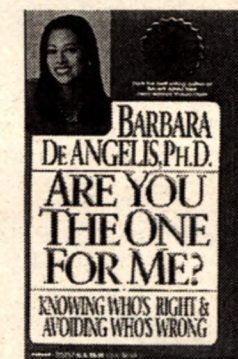
Along the way, he shows us a new and enlightening perspective on the way our brains construct each of our worlds.

Are You The One For Me?

Knowing Who's Right & Avoiding Who's Wrong

By Barbara DeAngelis, Ph.D.

\$5.99. 432 pp. paper. ISBN 0440215757. Dell



Falling in love is a magical and powerful experience. Each kiss, each conversation, each moment in the beginning seems so right, so perfect. But soon attraction and infatuation become a "relationship," and we are brought down to earth with the challenging realities of sharing our life with another human being. This book will help you find and keep the right partner. Best-selling author and renowned relationship expert Barbara De Angelis reveals everything you need to know about making love last. She shows you how to create the fulfilling relationship you deserve and how to avoid making the biggest mistakes in love. She focuses on chemistry, compatibility and commitment, and proves why all three must be present to maintain a healthy relationship. She offers powerful advice and uses groundbreaking techniques to help you understand yourself and the one you love. DeAngelis believes that the adventure of love, in its highest form, helps us pierce the illusion of our aloneness in the world and offers us an opportunity to transcend the limits of our single self as we experience a merging of selves, or oneness, with our beloved. In this way, love is a doorway into the divine.



CREATING MIRACLES

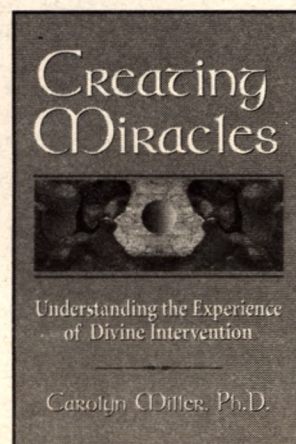
Understanding the Experience of Divine Intervention

by

Carolyn Miller, Ph.D.

"Creating Miracles is a powerful book. It expands our sense of the miraculous in everyday life."

—Marianne Williamson,
author of *A Return to Love*



THE TEACHINGS OF DON CARLOS

Practical Applications of the Works of Carlos Castaneda

Victor Sanchez

Castaneda's clues to the separate reality have inspired a generation of spiritual seekers to explore altered states of consciousness. Now with the exercises described in this book, Sanchez offers a way of putting into practice many of Castaneda's surprising proposals.

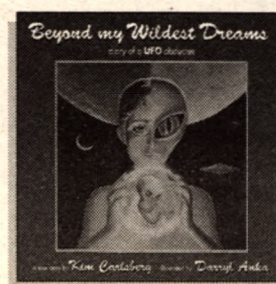
\$12.95, 276 pages
paperback

BEYOND MY WILDEST DREAMS

Diary of a UFO Abductee

Kim Carlsberg, illustrated by Darryl Anka

As we follow this true account of a brave young woman's encounters with extraterrestrials, we move from fearing these contacts to understanding what these entities are really trying to communicate. Other-worldly color illustrations by Darryl Anka emphasize the depth of this compelling ordeal.



\$25.00, 288 pages, 8 x 8", paperback
44 color illustrations, Available July

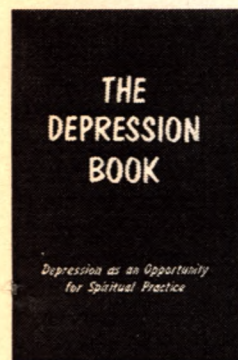
BEAR & COMPANY
PUBLISHING



\$12.95, Quality Paper. For a free book catalog, please send your name and address to H J Kramer Inc, P.O. Box 1082, Tiburon, CA 94920.

The Depression Book

Depression as an Opportunity for Spiritual Practice
By A Center for the Practice of Zen Buddhist Meditation (Cheri Huber)
\$7.00. 123 pp. paper. ISBN 0961475439.
A Center for the Practice of Zen Buddhist Meditation



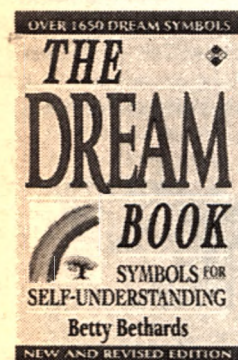
This book suggests that hating and resisting depression—or anything else we do not want—actually maintains it, and that compassionate acceptance of our feelings and ourselves leads us to freedom. The book

EDITOR'S CHOICE

uses the principles of Zen to help us see that depression can be received as a gift that can aid spiritual growth. Guided imagery, meditation and writing exercises are used to help in the process of working with depression. The focus is on turning the attention inward. Depression is the self asking for attention and to have its needs met. The book is handwritten in an effort to slow the reader down so that awareness can touch the heart as well as the head. And it is filled with funny anecdotes and illustrations that teach and lift the spirit in spite of itself.

The Dream Book

Symbols for Self-Understanding
By Betty Bethards
\$12.95. paper. ISBN 1852306238.
Element Books

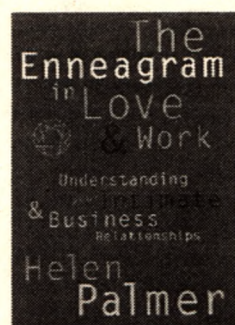


This is the first updated and revised trade edition of Betty Bethards best-selling book and includes a dictionary of 1,650 dream symbols. The author teaches us how to remember and use dreams for insight and guidance in daily life. It explains recurring dreams, falling dreams, erotic dreams, violent dreams, dreams about money, death, flying and much more. According to Bethards, all dreams—even nightmares—contain positive messages for us. "If you don't pay attention to your dreams, you're missing out on one-third of your life," she says.

The Enneagram in Love and Work

Understanding your Intimate and Business Relationships
By Helen Palmer
\$22.00. 418 pp. cloth. ISBN 006250679X.
HarperSanFrancisco

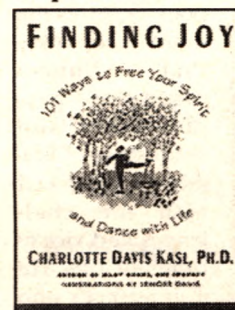
This book describes nine different ways of relating in intimacy and business as defined by the human development model known as the Enneagram. *Ennea* means "nine" in Greek, and *gram* means "model". It is a centuries-old psychological system with roots in sacred tradition and Helen Palmer is known as one of its foremost authorities. Here the author of the best-selling *The Enneagram* reintroduces the nine personality types—



Perfectionist, Giver, Performer, Romantic, Observer, Trooper, Epicure, Boss, and Mediator. In this, her new book, she focuses on the passions and dynamics of the types and then views each in relationship to the others. Now you will learn to recognize your negative and positive patterns of interaction in love and work—how you tend to relate to family, lovers, bosses and friends. Palmer outlines what signals you send to others, which types complement your strengths and weaknesses, your leadership, conflict, and intimacy styles, which types will cause you problems and more.

Finding Joy

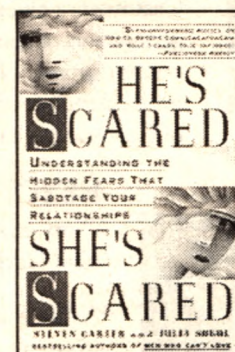
101 Ways to Free Your Spirit and Dance with Life
By Charlotte Davis Kasl, Ph.D.
\$10.00. 195 pp. paper. ISBN 0060925884.
HarperPerennial



Blending the down-to-earth with the spiritual, Charlotte Davis Kasl offers 101 practical ideas to enhance the playfulness, creativity, honesty, and self-acceptance essential to bringing new joy to our lives and relationships, including such suggestions as: "You can be right or you can be close." "If you feel like a baby, get a baby sitter." "If you're planning a binge, invite a friend." This is not a book of vacuous aphorisms though, as Kasl is full of sterling advice. This author of *Women, Sex and Addiction* and *Many Roads, One Journey* is a psychologist, healer, feminist, Quaker and social justice activist who is at the forefront of the new empowerment within the recovery field. Although it is easy to carry and easy to read, her book is both refreshing and relevant.

He's Scared, She's Scared

Understanding The Hidden Fears That Sabotage Your Relationships
By Steven Carter and Julia Sokol
\$10.95. 331 pp. paper.
ISBN 00440506255. Dell

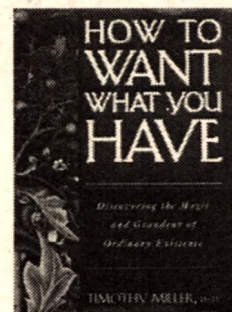


Commitmentphobia: It's the most discussed romantic dilemma of the nineties. And—at last—this book looks at the issues and anxieties that surround commitment and explores what happens when men and women have difficulty finding and keeping the love they deserve. When Carter and Sokol talk about fear of commitment, they are careful not to lump everyone together into one category. They examine the different levels and kinds of commitment fear as well as the conditions under which they occur. Commitment is a promise to par-

ticipate in a well-intentioned, monogamous, open-ended, responsible and realistic relationship. If you are a person who struggles with commitment, or if you care deeply for someone who is running away from love, this book will address your particular issue. Hopefully, you'll find yourself on the other side of your fears. You can make the changes to get the love that you want.

How To Want What You Have

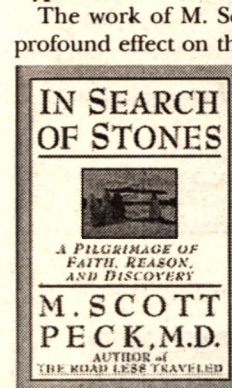
Discovering the Magic and Grandeur of Ordinary Existence
By Timothy Miller, Ph.D.
\$19.95. 265 pp. cloth. ISBN 0805033173.
Holt



It's not that this is a new concept. In fact it's a time honored notion, advocated by Zen Buddhists, Jewish scripture, Christian prophets and saints, and philosophers like Henry David Thoreau. Yet most of us continue to yearn after things such as material wealth, physical beauty or the regard of our peers. So why is wanting what you have so difficult? This book first convinces readers that wanting what you have is the surest way to happiness, but more importantly, it offers a simple, practical and credible way to finding that place. Cognitive therapist Miller begins with a careful look at human nature, explaining why we are as we are; then he applies the principles of Compassion, Attention, and Gratitude to ordinary living and comes out with even more than he promises. As the title of the first chapter indicates, "This is the Precious Present." Let's make the most of it.

In Search of Stones

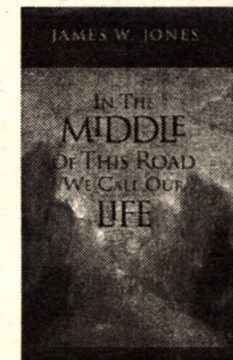
A Pilgrimage of Faith, Reason, and Discovery
By M. Scott Peck, M.D.
\$22.95 422 pp. cloth. ISBN 0786860219.
Hyperion.



The work of M. Scott Peck has had a profound effect on the lives of millions of people, and his book *The Road Less Traveled* has become both a part of the popular culture and a spiritual and inspirational guidebook for a generation. On the surface, this book is the story of a three week trip through the countryside of Wales, England, and Scotland that Dr. Peck took with his wife Lily—looking for the ancient megalithic stones that became an obsession for them. But the search for stones is a search for meaning and mystery, and ultimately an unveiling of the pilgrimage of life itself. Each day of the three-week trip he discusses a related realm of human experience—parenthood, holiness, romance, peace, despair, and art—and we travel with him on an adventure of the spirit, striving to understand the journey of life in all of its complexities with all its secrets. His book is illustrated with exquisite line art by Christopher Peck, his son.

In The Middle of This Road We Call Our Life

The Courage to Search for Something More
By James W. Jones
\$20.00. 213 pp. cloth. ISBN 0062509608.
HarperSF



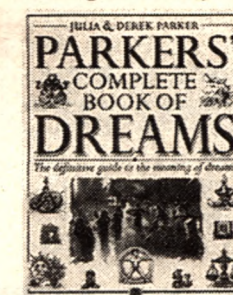
Most therapy patients have two common concerns. Does what we do and who we are have meaning? And how can we share ourselves and feel connected to another person or persons? In *In the Middle of This Road We Call our Life* describes how our search for deeper connections echoes through our most intimate personal struggles, and is essentially a spiritual quest. Furthermore, the psychology of human relationships—a central theme of this book—is crucial for understanding spiritual life. James

EDITOR'S CHOICE

W. Jones is a clinical psychologist and a professor of religion at Rutgers University. His book, which grows out of living at this intersection, shows how the impediments to intimacy in our relationships are also barriers to spirituality. Weaving together the personal stories of his patients with the insights he's gained from study and experience, he discusses what keeps us from love and from enlightenment and explores ways of rediscovering both.

Parkers' Complete Book of Dreams

By Derek and Julia Parker
\$24.95. 208 pp. cloth. ISBN 156488556.
Dorling Kindersley



From the authors of the highly successful *Parkers' Astrology* comes Julia and Derek Parker's new book which demonstrates how to unlock the hidden messages stored in the unconscious.

Gorgeously illustrated and elegantly designed, this book is based on an easy-to-learn method of decoding transformative dream messages that will open the window to self-discovery. Packed with fascinating stories of how dreams have been interpreted by famous people from Apollodorus to Freud and Jung, it also explains how to interpret the meaning of dreams as they reflect on the inner truth contained in the subconscious. Finally, it provides a comprehensive dream thesaurus which explains thousands of dream symbols and cross-references each symbol to relevant themes. This practical book is not only compelling to read, but visually attractive as well.

Psycho-Linguistics

The Language of the Mind
By Patrick K. Porter, Ph.D.
\$19.95. 162 pp. paper. ISBN 096376117X.
PureLight Inc.

Dr. Porter is noted for his ability to translate technical, academic jargon into laymen's language that is both practical,

PSYCHOLOGY

and usable. He is the author of *Awaken the Genus, Adventures in Self-Discovery* and numerous cassette tapes. In this book, he teaches how to apply the power of mind technology. What he has done in developing *Psycho-Linguistics* is to blend together the best of hypnosis, visualization and the relatively new science of Neuro-Linguistic Programming or NLP. He has taken these sciences out of the domain of academia and into the realm of the practical. Here are tools that can help the seasoned professional or the neophyte. Each of these methods has been time-tested for long term success and is currently being used in Positive Changes clinics across the country. You are presented with methodology and word-for-word formulas that you can use immediately. Includes an index and bibliography.

"If you wish to make an impact on your mind or that of another, know that there is much more involved than simply accessing an altered state, or even saying the right words—you need to say it in the right order and in a way that will be acceptable to that individual's mind. To influence any one mind it is essential that you communicate with that mind in a language with which it can relate."

—Patrick Porter, Ph.D.

Real Moments

Barbara De Angelis

\$21.95. 272 pp. cloth. ISBN 0385310684. Delacorte Press



As we approach the twenty-first century, many of us stand at an emotional and spiritual crossroads. This book examines the spiritual and emotional crisis in America, and shows how decades of substituting

quantity for quality and stimulation for substance have created a nation of men and women who often do not know how to experience real moments of happiness. We spend our lives preparing for the future, rather than enjoying the present; we become experts at doing but not being. We are left searching desperately and often unsuccessfully for meaning. This book is about how to rediscover real moments with your mate and your children, real moments with your work and your play, and, most of all, real moments with yourself. Barbara De Angelis, internationally recognized expert on human relations, writes with wisdom, compassion, and clarity. *Real Moments* is a powerful invitation to transform your life and a practical manual for nourishing your spirit.

Roots of the Self

Unraveling the Mystery of Who We Are

By Robert Ornstein

\$12.00. 239 pp. paper.

ISBN 0062507893. HarperSF

There are millions of personality-typing systems, based on everything from skin



color to astrological sign. We need an explanation to get through the day, and that is what most personality-typing systems provide. Don't expect to find in the pages of this book a formula for finding yourself, because Ornstein maintains that it just can't be done. Having said that, the centerpiece of the book is a hypothesis that there are three main dimensions to individual differences, and here Ornstein connects the biological, the psychological and the psychiatric to explain them. The first measures whether we are significantly stimulated by or disconnected from the world. The second deals with the way we organize our lives. The third has to do with our basic emotional approach. He also explores family life, sex and the many different "talents" of mind that we inherit. We can never abandon our roots, but Ornstein proposes that the brain changes through life and that by changing our actions, we can often reprogram ourselves.

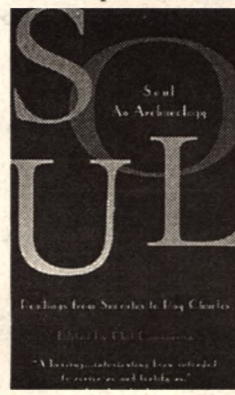
Soul—An Archaeology

Readings from Socrates to Ray Charles

Compiled and with Commentary by Phil Cousineau

\$12.00. 249 pp. paper. ISBN 0062502433. Harper SF

"The philosophy of six thousand years has not searched the chambers and magazines of the soul." Ralph Waldo Emerson



To fathom the unfathomable soul we immediately plunge into mystery. This compelling and captivating book goes deep into that mystery from creation myths to beat poetry and from religion to rock and roll. Aristotle, Marie-Louise von Franz, Aldous Huxley, George Santayana, Carl Jung, James Joyce, Diane Wolkstein, Pablo Neruda,

Albert Schweitzer, W. I. L. a

Cather, Eldridge Cleaver, Wassily Kandinsky, Kabir, James Hillman, Black Elk, Sri Ramakrishna—these are just a few of the artists and thinkers whose writings appear here. Phil Cousineau is a knowledgeable and insightful guide on this archaeological journey. He begins with writings about the origin of the soul. He then asks just what is the soul? He is answered by writers who explain why the soul is more than a mere social construction or an antiquated image humans need to believe in. The needs of the heart and the desires of the soul take us to another level of mystery. How do we reconcile the needs of the heart with the desires of the soul? Cousineau uncovers answers from a myriad of sources. Next he tackles the soul in crisis. Readers may find solace in much of the writing in this section. Cousineau moves into the area of soul work next. Is

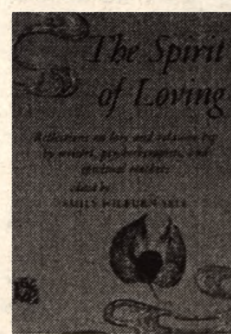
the soul something that develops and actually shapes consciousness? He cites passages of those through the centuries who have believed ardently in working with the soul. Nearing the end of the journey, Cousineau explores the "World Soul". He chooses a number of passages that offer a creative response to the peculiarly modern problem of "people losing the capacity to fathom any nature but their own." Cousineau ends with writings on immortality and the soul. He chooses passages that bring us full circle in our exploration of the soul's origin, manifestations, and destiny. Like the Tibetan and Egyptian Books of the Dead, ancient guidebooks for the souls departing for the netherworld, the writings attempt to solve the riddle of life by unraveling the afterlife. This enriching book is to be savored and read slowly many times.

The Spirit of Loving

Reflections on Love and Relationship by Writers, Psychotherapists, and Spiritual Teachers

By Emily Hilburn Sell

\$9.00. 160 pp. paper. ISBN 1570620768. Shambhala

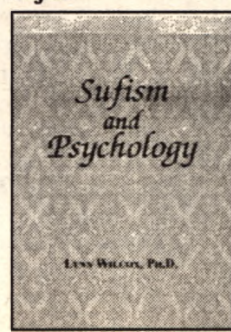


"Driven by the forces of love, the fragments of the world come into being." These words by Pierre Teilhard de Chardin illustrate the mind of this charming book which gathers together short selections from the works of philosophers, psychologists and spiritual teachers on the subject of loving. Love and relationship are universal experiences that can lead to either attachment or liberation. Editor Emily Hilburn Sell has sought out pieces that describe the many ways in which love and relationship can help us awaken to our own inherent freedoms as human beings. She also includes short excerpts from fiction that evoke the same experience. Her list of contributors is impressive. Here you will find the wit of Virginia Woolf nestling with the wisdom of Thich Nhat Hanh. Mostly you'll find words from the most inspiring of spiritual leaders: Plato, Alan Watts, Chogyam Trungpa, Bertrand Russell, Anais Nin, Thomas Moore, Sam Keen, even James Joyce—and many more.

Sufism and Psychology

By Lynn Wilcox, Ph.D.

\$17.50. 254 pp. paper. ISBN 1871031478. Abjad



Modern western psychology has not dealt with the fundamental questions of human existence and cannot answer the dilemmas of "Who am I?" and "What is the purpose of life?" It's approach is largely scientific—and understandably so—considering the many ways organized religious groups have perverted the teachings of their founders. But psy-

Are you being Called?

The Calling

A Journey Within Your Own Being



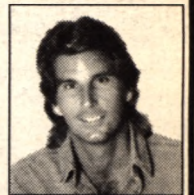
by Steven S. Sadleir

This Book is Your Guide

ISBN 1-883544-02-5

\$12.95

Steven Sadleir is founder of The Self Awareness Institute and is author of *The Spiritual Seeker's Guide*, *The Awakening* and *The Calling*.



Steve will be at the Bodhi Tree July 28th!



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TALES OF A GHOSTBUSTER
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ISBN 0-9644486-1-0. \$14.95

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RECOVERY & RITUAL

chology's shortcoming is its focus on observable behavior rather than on subjective experience. Sufism, which is concerned with the essence of human identity, predates psychotherapy by many centuries. The psychology of Sufism includes a physics, a metaphysics, an epistemology and an elaborate set of techniques to attain self-realization, the highest goal of life. Here Lynn Wilcox lifts the scientific study of psychology to a higher plane, beyond mechanism and rationalism, to the experience of life and its creative source. She is the recipient of numerous honors, a professor of psychology and former department chair at California State University.

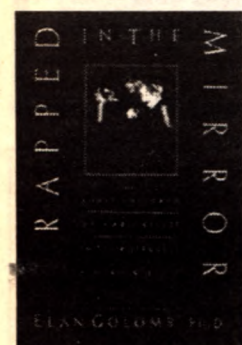
Trapped in the Mirror

Adult Children of Narcissists in their Struggle for Self

By Elan Golomb, Ph.D.

\$10.00. 271 pp. paper. ISBN 0688140718. Quill

Narcissists unconsciously deny an unstated and intolerably poor self-image through inflation. They turn themselves into glittering figures of immense grandeur surrounded by psychologically impenetrable walls, and their interests generally tower above the most basic needs of their sons and daughters. Because their lives are organized to deny negative feelings about themselves, narcissists' families are forcibly conscripted into supporting roles. Specifically, their children are either idolized or are not tolerated because they merely reflect their parent's grandiose or hated parts of the self. Either way, children of narcissists carry a horrible



burden. As adults they battle difficulties ranging from physical self-loathing, rocky personal relationships to poor job performance. Golomb's book is rooted in a humanist approach and benefits from the latest knowledge of intrafamily relationships. As she plumbs the depth of this correctable problem, she offers self-healing for millions.

Unchained Memories

True Stories of Traumatic Memories, Lost and Found

Lenore Terr, M.D.

\$13.00. 282 pp. paper. ISBN 0465095399. Basic Books



Written in short story style, *Unchained Memories* is about seven people who recalled traumatic episodes from their childhood—and what happened when their long-forgotten memories resurfaced years later.

Lenore Terr is a clinical professor of psychiatry at the University of California, San Francisco, and her book is one of remembrances, the snippets—many times the lost ones—that people retain from their early years, and the crucial events that

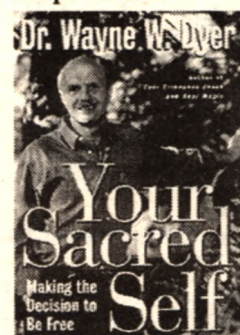
these snippets sometimes represent. They illustrate how we forget childhood trauma, and tell us how and why these memories return. Lenore Terr's narratives also illustrate exactly what goes wrong with memory and what parts of a memory sometimes turn false. One story in this book is about an entirely false remembrance. Ultimately however, these stories shed light on why it is rare for a reclaimed memory to be wholly untrue. Using her insights as a psychiatrist and the latest research on the mind and brain, Terr helps us separate fact from fiction.

Your Sacred Self

Making The Decision to be Free

By Dr. Wayne Dyer

\$22.00. 288 pp. cloth. ISBN 0694515264. HarperCollins



According to Dyer's new book, every problem has a solution in the "sacred self". Although our sacred, spiritual selves represent our true natures, we lose touch with our essence through the interference of the ego. Our ego is responsible for our anxieties, leading us to frustration and strife which causes us to inflict our pain on others. Here the best-selling author of *Your Erroneous Zones* offers strategies for freeing ourselves from the tyranny of the ego and getting back in touch with the sacred self. He suggests that it is only through the reformation of individual consciousness that global problems such as war and poverty can be overcome. Peppared with inspirational quotes from sources as diverse as Emily Dickinson and Janis Joplin, his book is moving because it is so encouraging of tolerance and self-acceptance.

Recovery

To return to the root is to find peace. To find peace is to fulfill one's destiny. To fulfill one's destiny is to be constant. To know the Constant is called Insight.—Tao (from the Introduction of Peace of Mind, reviewed below).

Peace of Mind

Daily Meditations for Easing Stress

By Amy E. Dean

\$9.95. 375 pp. paper. ISBN 055335454X. Bantam.



Even though you may feel as if there are hundreds of tasks you have to accomplish each day with their attendant stressful thoughts and feelings, you can still experience a peace of mind. Each of the daily meditations presented in this book is designed to help you look at one of your many daily duties, responsibilities, interactions, or circumstances. Each day the readings, reflections, and relaxation exercises guide you to healthy ways to handle

the pressures in your life. Contains a helpful index with key words, such as Fear: see Jan. 18, Feb. 23, Feb. 28 or Criticism: see Mar. 27, Nov. 28, Dec. 6 and etc.

"Any concern too small to be turned into a prayer is too small to be made into a burden."—Corrie ten Boom

Practical Consciousness

Mastering the Art of Living

by Isaac David Shamaya Ph.D., and Carolyn Shamaya, M.A.

\$9.95. 103 pp. paper. ISBN 0877288100. Samuel Weiser



Why bother getting into recovery programs, or getting better if you don't know when you have solved your problem? When is enough recovery enough? How do you recognize when you do well? Written by two veteran health professionals, this book contains forty-one insights designed to help you know when you've arrived. And unlike many self-help books that would have us believe that we're all dysfunctional, all of the time, this book shines a playful but resourceful light on our encounter with life. By providing the essence of mystical teachings in a story format, David and Carolyn Shamaya show that mental health involves much more than just being able to "function" and "cope". If you are in a twelve step program, practicing meditation or participating in therapy, *Practical Consciousness* might be a perfect complement to your personal growth.

Time for Thoughtfulness

A Daily Guide to Filling the World with Love, Care and Compassion

By Ruth Fishel

Illustrations by Bonny Van de Kamp

\$7.95. 369 pp. paper. ISBN 1558743227. Health Communications.



Ruth Fishel writes, "Whether you are a believer or disbeliever, a follower, a leader or a loner, matters not right now. What matters is that the world and the people in it are in trouble and this book will raise your awareness and, ultimately, the awareness of more and more people." And she adds, "Here is what I do know. Thought is energy. Thought creates words. Words are energy. Words connect people. Words have power. Words that result in actions have greater power." *Time for Thoughtfulness* is a daily guide with a weekly format. Each week consists of inspirational quotes, suggestions to think about and suggestions for actions we can take for ourselves and others. As more and more of us bring our thoughtful attention to the fundamental principles of goodness and love, the world changes.

"Thought is cause: experience is effect. If you don't like the effects in your life, you have to change the nature of your thinking."

—Marianne Williamson, *A Return To Love*.

Ritual

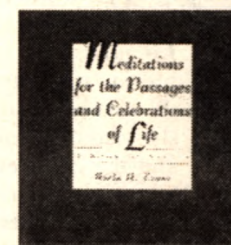
Meditations for the Passages and Celebrations of Life

A Book of Vigils

By Noela N. Evans.

\$10.00. 192 pp. paper. pocket size.

ISBN 0517883279. Bell Tower



Here's a collection of daily affirmations and meditations that articulate the often unspoken emotions experienced at such important times as birth, death and marriage. A vigil is an act of devotion, a time to set aside for watching and waiting. These short prayers or acknowledgments are designed to be read at the same time each day when our lives are changing dramatically—perhaps someone is dying, someone is being born, or maybe someone (a daughter? a parent?) is leaving home. This book includes a month of vigils that will enable us to focus clearly on the pure nature of the relationship that is changing or the event that is affecting us, and helps us summon the strength to move forward.

One Hundred Graces

Mealtime Blessings

Selected by Marcia and Jack Kelly

\$10.00. 112 pp. paper. pocket size.

ISBN 0517882302. Bell Tower

Marcia and Jack Kelly gathered these blessings—Christian and Jewish, Hindu and Buddhist, Islamic and Native American—in their travels to monasteries all over the world. In each holy piece we acknowledge the source of our nourishment. The book's exquisite inscriptions are reminiscent of the manuscripts of medieval Europe. Not just for special occasions but for each time we sit down at the table, *One Hundred Graces* is a small treasure. Saying grace provides us with a moment of stillness, in which to relinquish the activities of the day and acknowledge the generosity of our creator. In bringing the body,



mind and heart together, we remember who we are, why we are here, and what we can do for others.

In India, when we meet and part we often say Namaste, which means I honor the place in you where the entire universe resides, I honor the place in you of love, of light, of truth, of peace. I honor the place within you. Where if you are in that place in you. And I am in that place in me. Then there is only one of us.

Software

For comprehensive details about the system requirements for any of our software programs, please contact the Bodhi Tree for a copy of our complete software handout.

SPIRITUAL QUESTS

Chou I—The Changes of Chou
A Computer Version of the I Ching
Translated by J.L. Schroeder, Program by
R.K. Thompson
\$20.00. Computer Software with booklet.
ISBN 9990152187.
Schroeder/Thompson.

This version of *The Book Of Changes* of the Chou Dynasty interprets the primordial symbolism of the pictographs and text, which reflect the Taoist and Shamanistic roots of the I Ching. The Computer program accepts input from traditional coin/stalk divination methods or produces a computer generated reading. A program manual is included.

DreamScape

The Personal Interactive Dream Analysis System

Published by Persistence of Memory Software. DreamScape is available in Macintosh or IBM-PC format. \$49.95. Contains the DreamScape software, The DreamScape Book, including The DreamScape Diary; and The DreamScape Audio Cassette. Mac (ISBN 9990166641) or PC (ISBN 9990174415) format. \$29.95. Contains the DreamScape software and the DreamScape Book-on-Disk. Mac (ISBN 99901700370) or PC (ISBN 9990174407) format.

DreamScape is the first and only interactive computer program that analyzes your dreams and takes you through the entire process of analysis, from dream recall to dream interpretation. The unique power of DreamScape is its ability

to fashion meaningful dream interpretations that apply directly to your present life circumstances.

The Electric Almanac

Computer Software for any IBM-PC or Clone
\$14.95. Two Computer disks—5.25" & 3.5". ISBN 1894610490. Published by Matrix Software

The Electric Almanac scans the coming years for the best dates to do almost anything using centuries-old formulae driven by sophisticated lunar and planetary algorithms. It provides information for many different tasks and activities, including: SkyWatch—Astronomy Tables; Moon Tables for Hunting and Fishing; Complete Astrology Forecasts; Complete Astrology Chart Wheel; Perpetual Solar and Lunar Calendar; Oracles: Includes I-Ching hexagrams; Celtic Cross Tarot Spread with keywords; Complete Astrological Oracle; Ask the Almanac Oracle; Daily Lucky Lotto Numbers; and U.S.-to-Metric Conversion Tables.

Spiritual Quests

Ishmael

By Daniel Quinn
\$5.99. 262 pp. paper. ISBN 0553561669.
Bantam

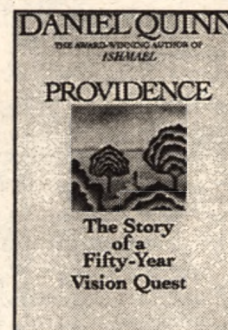
When it was first published in 1993 *Ishmael* won literary acclaim by book critics nationally, popular acclaim from the reading public and the Turner Tomorrow Fellowship Prize. *Ishmael* is a gorilla, and a teacher of great wisdom with a story to



earth from the birth of time to a future there is still time to save. And like all great teachers, *Ishmael* refuses to make the lesson easy—ultimately he demands that the final illumination come from within ourselves.

Providence

The Story of a Fifty-Year Vision Quest
By Daniel Quinn
\$19.95. 208 pp. cloth. ISBN 0553100181.
Bantam



Long before *The Celestine Prophecy*, Daniel Quinn's book *Ishmael* (see above) became one of the most beloved novels of spiritual adventure ever published, and an underground bestseller with a passionate and devoted following. Now the writer who has earned such praise returns with a work of non fiction, which

tell. His student is one ordinary man in search of the truth. Together they embark on a dialogue and an adventure that redefines what it means to be human. The story extends backwards and forwards over the life span of the

documents his own spiritual voyage to a revolutionary way of seeing the world. Quinn's quest takes him from a midnight childhood dream in an Omaha boarding house, to a mysterious encounter in the hills of Kentucky, to a personal rediscovery of humankind's first and only religion. *Providence* is a remarkably insightful and profound book that addresses issues of education, psychology, religion and spirituality. At the same time it expands on the ideas put forward in *Ishmael*, and explores their meaning in daily life.

Riding With The Lion

In Search of Mystical Christianity
By Kyriacos C. Markides
\$24.95. 369 pp. cloth. ISBN 0670857807.
Viking



Kyriacos C. Markides's pursuit of higher knowledge began with his exploration of the rich and intricate world of two mystical Christian healers on his native island of Cyprus. This was chronicled in *The Magus of Strovilos*. Now Professor Markides continues his quest for the nature of ultimate divinity on a journey that takes him from New York to the ancient monasteries on the far coast of Greece. His revelations

EDITOR'S CHOICE

Crystalarium

Rare Collector
Quality Gems
& Minerals



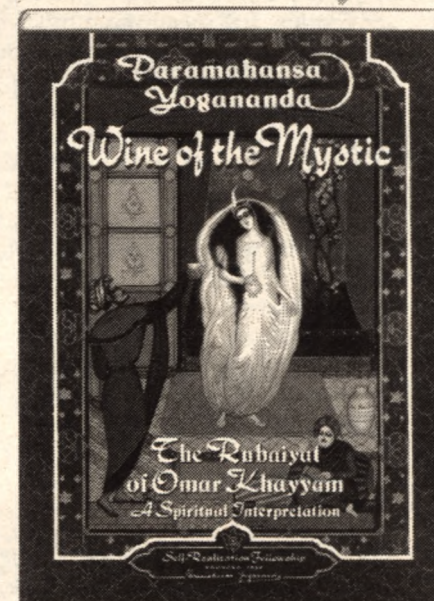
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Paramahansa Yogananda,
author of the spiritual classic
AUTOBIOGRAPHY OF A YOGI

"Lavishly & beautifully illustrated...elevates the reader to higher levels of awareness."—LEADING EDGE REVIEW

"Very special...An alchemical wedding of body, mind, & spirit."—BODHI TREE (Fall '94 Catalog)

Unveiling the deeper truth and beauty of Omar Khayyam's *Rubaiyat*, Paramahansa Yogananda takes the reader on a fascinating odyssey into the subtle realms of mystical experience. His unique spiritual interpretations explore the riddles of destiny and free will... the intricacies of karma... the search for perfect love... the role of meditation in attaining lasting inner joy, and much more. *Wine of the Mystic* offers delightful and instructive refreshment for the soul—and the sheer beauty of this book makes it an outstanding gift.

DELUXE HARDCOVER EDITION: 248 pages • 50 original full-page color illustrations
• Fitzgerald's English translation • Paramahansa Yogananda's complete commentaries \$19.50

Self-Realization Fellowship
Founded in 1920 by Paramahansa Yogananda

TIBETAN BUDDHISM

of a vital, living, mystical practice, based in ancient Christian thought, is a major step in linking the most esoteric traditions of the East to the largely hidden esoteric traditions of the West. Markides is helping to recover the mystical heart of Christianity, confirming that there is a direct and practical tradition that the mainstream Church has managed to ignore and even suppress.

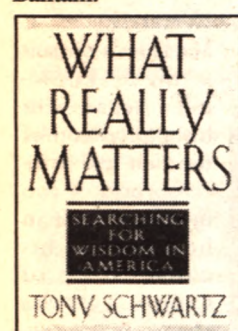
"For those who believe mystical spirituality is found only in the Orient, this book will come as a marvelous revelation."—Larry Dossey

What Really Matters

Searching for Wisdom in America

By Tony Schwartz

\$23.95. 472 pp. cloth. ISBN 0553093983. Bantam.



Tony Schwartz had been very successful as a journalist and an author, but felt that something was missing in his life. He learned to meditate and discovered a sense of calmness, clarity and well-being, but found it difficult to bring these qualities to his daily existence. He then began a five-year long inquiry during which he encountered many important figures in the "consciousness movement": Ram Dass, Michael Murphy of Esalen, biofeedback pioneer Elmer Green, Betty Edwards (author of *Drawing on the Right Side of the Brain*), meditation teachers Jack Kornfield and Joseph Goldstein, Ken Wilber and Helen Palmer (author of *The Enneagram*). The special value of the book is that it reflects both Schwartz's personal search and his journalistic abilities. He became well acquainted with most of these writers and teachers and participated in their workshops; so he narrates how their life experiences led to their methods, and how their work was—or wasn't—reflected in their personalities. Schwartz fails to find a "final answer" (if there is one) but discovers that his life has been enriched by his inquiry. His book provides an inside look into many leaders of the quest for awareness of recent decades and their discoveries. With its extensive bibliography, it will also serve as a starting point for those who would explore further.

Tai Chi Chuan

Cheng Man-Ch'ing

Master of Five Excellences

By Cheng Man-Ch'ing, translated by Mark Hennessy.

\$14.95. 200 pp. paper. ISBN 188331903X. North Atlantic



Cheng Man-Ch'ing is best known for his teachings on martial arts, especially Tai Chi. He developed the short form of Tai Chi practiced by 500,000 North Americans. However, Cheng regarded a set of five disciplines—the "five excellences"—to be the mark of a well rounded person: calligraphy, painting, poetry, 38 Bodhi Tree Bookstore Summer 1995

Tai Chi and medicine. This is a collection of Cheng's previously unpublished writings. It includes reproductions of his calligraphies and paintings and a chapter of commentary on the *I Ching*. Cheng's life, and his practice of Tai Chi, were a blending of philosophy, art and action. This book shows how his creativity found expression not only in the martial arts but in other disciplines as well—which demonstrates the holistic spirit of Tai Chi.

David Carradine's Tai Chi Workout

The Beginner's Program for a Healthier Mind and Body

By David Carradine and David Nakahara \$11.95. 128 pp. paper. ISBN 0805037675. Henry Holt

And the companion video:

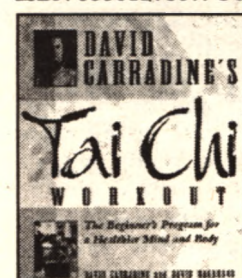
Tai Chi Workout

The Fitness Program that Began 2500 Years Ago

By David Carradine

\$19.95. 58 minutes. video.

ISBN 9990127867. Goldhil Video



"Tai Chi is described in many different ways. Some say it is a martial art, others say it is only for health, many call it 'the art of creating energy' and some refer to it as 'meditation in motion'. Some people claim it is a physical manifestation of a philosophy called Taoism, and others describe it as a continuous flow of 'Chi Kung' or breathing exercises. It has been likened to low impact aerobics, yet others testify that it is a way of life, and even claim that it is a way to achieve spiritual enlightenment. I say it is all of these."—David Carradine. This is a complete guide for beginners that explains a progressive 13-week program for starting the practice of Tai Chi. Through descriptions and photographs, the student learns Tai Chi stances, co-ordination of breath and relaxation of movement through Chi Kung, individual Tai Chi movements and the continuous flow of Tai Chi forms. The authors also introduce the holistic understanding and Taoist philosophy on which Tai Chi is based, and offer suggestions for integrating the practice into one's entire life. If you would like to practice Tai Chi for its many benefits, this is a book that will get you started.

The Essence of Tai Chi

By Waysun Liao

\$6.00. 162 pp. 3" x 4" paperback.

ISBN 1570620393. Shambhala



This book is for those who wish to gain a deeper understanding of Tai Chi: Its underlying principles, its history, the role it has played in Chinese society, and why it is attracting widespread interest in the West. Master Waysun Liao, who has taught Tai Chi for twenty-five years, thoroughly explains the theory of chi, the "eternal power that moves the universe," and describes exercises for cultivating and recognizing chi

within oneself. Then he translates and comments on the three core classics of Tai Chi that are often called the "Tai Chi Bible." These texts express the true spirit of Tai Chi and offer specific suggestions for practicing it properly. While Tai Chi apparently consists of physical movements, it is essential to understand both the internal aspects of Tai Chi and the philosophy on which it is based. This book (earlier published as *Tai Chi Classics* and now available in this pocket edition) will enable the reader to do both.

Tai Chi Qigong

For Stress Control and Relaxation

By Senior Master Gary Khor

\$11.95. 165 pp. paper. ISBN 0893467952. Heian



By now, most of us are aware (perhaps too aware!) of how stressful modern life has become. While there are many causes for stress, the physical responses it triggers can be very harmful. This beginners' guide to Tai Chi explores the role of stress in our lives, how to recognize stress, and how to relax the mind and dissolve the physical tightening that stress causes. After explaining the theory of Tai Chi, the author presents clear and detailed instructions (with illustrations) for eighteen Tai Chi exercises. Then he explains how to use Tai Chi to benefit specific areas of the body, and more generally, how to bring the benefits of Tai Chi into all of your life. Tai Chi is a holistic practice that has been used for centuries to promote physical, mental and spiritual well-being. Based on twenty years of teaching experience, this clearly written guide will enable you to experience the many benefits of these flowing physical movements.

Tibetan Buddhism

His Holiness the 14th Dalai Lama, Tenzin Gyatso, is the spiritual and temporal leader of the Tibetan people. He was born Lhamo Dhondrub on July 6, 1935, in a small village called Takster in northeastern Tibet. Born to a peasant, His Holiness was recognized at the age of two, in accordance with Tibetan tradition, as the reincarnation of his predecessor the 13th Dalai Lama, and thus is an incarnation Avalokitesvara, the Bodhisattva of compassion. July 6th marks the 60th birthday of the Dalai Lama. We extend our best wishes to him and profound thanks for showing us in both words and deeds what spirituality and peace through personal integrity and strength can be.

Delog

Journey to Realms Beyond Death

By Delog Dawa Drolma

\$13.95. 162 pp. paper. ISBN 1881847055.

Padma

Recently there has been much interest in near-death experiences, and some controversy about their authenticity or meaning. This book opens a new door to the understanding of realms beyond physical existence.

EDITOR'S CHOICE

This is the account of a Tibetan woman whose body lay without vital signs for five days. During this time,



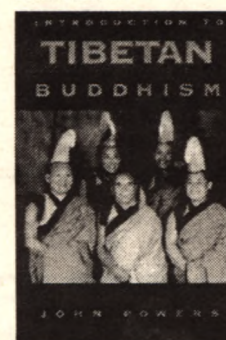
in the words of her son, Lama Chagdud Tulku Rinpoche, her experience was like "a dream or hallucination" where various beings would "float in and out" of her perception, "like flakes of snow." She witnessed both pure, blissful realms populated by enlightened beings and realms of intense suffering brought about by negative actions. However, she also saw how enlightened teachers were able to lead beings out of the more unfortunate realms of existence they were experiencing. Delog Dawa Drolma (A "Delog" is a person who crosses the threshold of death and returns to life) was revered by Tibetans for her great spiritual accomplishments. Her account is a unique and vivid document for understanding both Tibetan Buddhist beliefs and the worlds beyond human life as we usually understand it.

Introduction to Tibetan Buddhism

By John Powers.

\$18.95. 501 pp. paper. ISBN 1559390263.

Snow Lion



This is a systematic, clear and comprehensive introduction to the history, teachings and practices of Tibetan Buddhism—probably the best to be done in English to date. It includes studies of Tibetan Buddhism's Indian Buddhist roots, Tibetan Tantric teachings and the Tibetan Buddhist understanding of death and dying. There is also a chapter on events of the twentieth century involving the present Dalai Lama and the Chinese invasion, along with separate chapters on the history and teachings of each of the four main schools. Tibetan Buddhism is a complex topic that has frequently been misunderstood. This study is both readable and authoritative and includes many passages from the writings of contemporary Tibetan Buddhist Masters. Tibetan Buddhism was practiced in isolation from the rest of the world for centuries. Now it's teachings and methods have been opened up for those wishing to learn about them or practice them; this book is an excellent place to begin.

The Path is the Goal

A Basic Handbook of Buddhist Meditation

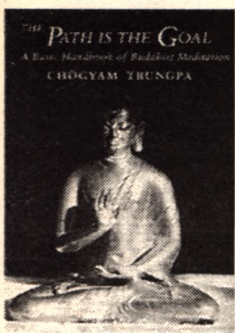
By Chogyam Trungpa

\$10.00. 179 pp. paper. ISBN 0877739706.

Shambhala

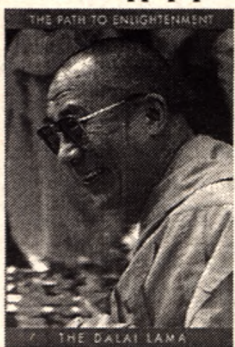
The practice of meditation is very simple. However, our minds are not so simple, so it is easy to misunderstand what meditation really is. Chogyam Trungpa Rinpoche was known for his unique ability to present Tibetan Buddhist teachings to a western audience. Here he explains the practice of sitting meditation which, in his view, is the most certain method for seeing reality as it is and for attaining

TRAVEL & UFO'S



enlightenment. As human beings we seek to acquire things or experiences and hold on to them. However, spiritual practice is the subtler process of being present and letting go. In these talks and discussions with his students, Trungpa explores the psychology of meditation and the world of experience that meditation reveals. Using his characteristic originality and humor, Trungpa challenges the reader to abandon the cozy confines of ego and embrace the possibility of openness and unconditioned freedom.

The Path to Enlightenment By H.H. the Dalai Lama \$14.95. 237 pp. paper. Snow Lion



His Holiness the Dalai Lama has found many friends and admirers around the world through his qualities of warmth, spontaneity and humor, and his abilities as a teacher. Although Tibetan Buddhists believe

he is an incarnation of the Bodhisattva of Compassion, he describes himself as a "simple Buddhist monk." In this book, the Dalai Lama explains the complete path of Tibetan Buddhism. Known as *Lam Rim* or "the stages of the path", these teachings proceed step by step through a series of contemplations that lay a foundation for higher states of awareness. First one explores the precious opportunity offered by human life, the inevitability of death, and the workings of the laws of karma. Then one considers the close connection between all living beings and gives birth to the "mind of enlightenment". This is the wish to gain enlightenment in order to be capable of benefiting others. Progressing further, one develops insight into the ultimate nature of all existence and sees the limitations of ordinary concepts. Ultimately, one is prepared to practice the quick and powerful methods that use visualization, mantras and the body's energy system to achieve spiritual realization. These teachings have pacified violence and negativity in the past and now are available to those who seek wisdom and compassion in their lives and our modern world. As the Dalai Lama advises, "Our purpose is not to make more Buddhists, it is to make more enlightened beings."

The Tantric Path of Purification By Lama Yeshe \$15.00. 311 pp. paper. ISBN 0861710207. Wisdom

Sometimes life presents us with obstacles to our hopes and ambitions: we get sick, we have financial problems, we have trouble with the people around us, etc. At some point we may shrug and say, "Well, I guess that's my karma." Tibetan Buddhism (like Buddhism in general) takes the idea of karma, or cause and effect, very seriously. It teaches that we



continuously accumulate the imprints of our positive or negative thoughts, words and actions. However, Tibetan Buddhism also teaches that we can purify our negative karma and accumulate positive energy through practices such as visualization and mantra recitation. In this book, Lama Yeshe explains these practices for western students. While he describes specific techniques (focusing on the meditational deity Vajrasattva, who symbolizes purity) that can only be practiced with the guidance of a teacher, his talks offer much general insight into karma, its purification, and related Tibetan Buddhist teachings. Lama Yeshe had a special gift for communicating with western students in everyday language. Recently, many people have become interested in methods that use visualizations and affirmations. This book explains centuries old ways of working with the mind that have benefited many people, so it should be of wide interest.

The Wheel of Time Sand Mandala Visual Scripture of Tibetan Buddhism By Barry Bryant, foreword by the Dalai Lama \$24.00. 272 pp. paper. ISBN 0062500880. Harper Collins

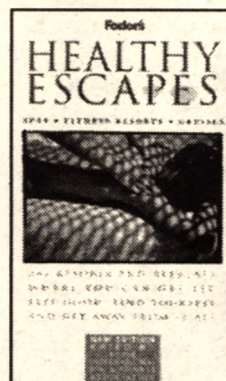


When it is publicly displayed, the *Kalachakra* (Wheel of Time) sand mandala has a profound effect on everyone who sees it. This mandala visually represents the highest levels of teaching in Tibetan Buddhism. These teachings relate to cosmology and astrology, the nature and function of the human body, and most importantly, the path to the wisdom and compassion of the enlightened state of mind. This lavishly illustrated guide presents the historical and religious background of the *Kalachakra* teachings. Then it explains in great detail the *Kalachakra* initiation and the symbolism of the mandala which is constructed from colored sand during the ceremony. His Holiness, the Dalai Lama believes the *Kalachakra* teachings are especially important for our time and has performed the initiation to promote world peace. According to Bryant, this ceremony contains "an implicit plea for a new understanding based on a larger, more comprehensive vision of the world. The depth of information contained in the *Kalachakra* sand mandala gives us an insight into the vast network of interrelationships comprising the physical, mental, and spiritual worlds in which we exist simultaneously." This book will be of great value to those interested in the special teachings of Tibetan Buddhism, and more generally, the use of visual symbols for the transformation of consciousness.

NEW IN PAPERBACK

Travel

Healthy Escapes (Fodor's) 243 Resorts and Retreats Where You can Get Fit, Feel Good, Find Yourself and Get Away From it All By Bernard Burt \$15.50. 366 pp. paper. ISBN 0679027238. Fodor's



We used to see our vacations as an opportunity to relax and do nothing, but now many of us use our down time to recover our health, hone a stronger body, or renew our spirits. More than ever we need to fortify ourselves against the stresses of regular life. Fodor's *Healthy Escapes* surveys the entire range of healthful holidays in North America. In the pages of this guide, you will find profiles of 243 resorts, facilities, and cruise ships with critical information on rooms, dining, and costs. The services surveyed range from holistic health, spiritual awareness, preventative medicine, sports conditioning, vibrant maturity and fitness for kids. Within an hour of Los Angeles you could go to the Ashram Health Retreat for lacto-vegetarian meals, yoga, and lectures on chakras. You could wing your way to Martinique for seawater kinesitherapy, said to heal rheumatism. Or you could recharge yourself on a fifteen mile hike around Sedona's vortexes. There are a surprising number of options to chose from.

Travelers' Tales: India By James O'Reilly and Larry Habegger \$17.95. 459 pp. paper. ISBN 1885211015. Travelers' Tales.

We are all outsiders when we travel. We need advice not just to avoid offense and danger, but to make our experiences richer, deeper, and more fun. Traditional travel guides answer the what, when,



where, how, and how much. But something important is still missing, the sense of inner landmarks that address our feelings and fears, hopes, dreams, and goals. This kind of preparation is best achieved through

travelers' tales, where we can get more from anecdote than from information. Stories stroke the imagination, inspire, frighten and teach. In these stories we see more clearly the urges that bring us to wander, whether it's hunger for change, adventure, self-knowledge, love, curiosity, sorrow, or even something as prosaic as a job assignment or just two weeks off. These stories will show you a spectrum of experiences to seek or avoid in India and will help you deepen and enrich your travel experience.

"India—monsoon and marigold, dung and dust, colors and corpses, smoke and ash, snow and endless myth—is a cruel, unrelenting place of ineffable sweetness. Much like life itself."

Other books available in the Travelers' Tales series:

Travelers' Tales: Mexico (\$15.95 paper. ISBN 1885211007), *Travelers' Tales: Thailand* (\$15.95. paper. ISBN 1885211058), *Travelers' Tales: Hong Kong* (\$17.95. paper. ISBN 1885211031)

UFO's

Celestial Teachings

The Emergence of the True Testament of Immanuel (Jesus)

By James W. Deardorff
\$12.95. 323 pp. paper. ISBN 0926524119. Wild Flower Press.

Around 1970, Eduard Meier, a Swiss citizen who claimed to be the primary contactee of extraterrestrials based in the Pleiades star cluster, received a translation of part of a document called the *Talmud Immanuel* from a former priest friend, a

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UFO'S & VIDEO

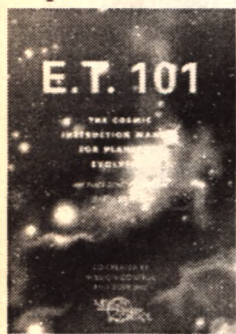
Lebanese. This document appears to represent the true testament of Jesus, known in the document as Jmmanuel, and to be the document that led to the Gospel of Matthew. In 1975, Meier's main contacts with the Pleiadeans began, and in the first contact he was told of the importance of this document, and that he should distribute it to interested persons. *Celestial Teachings* explores and analyzes the *Talmud Jmmanuel* in terms of its authenticity and relevance. The document indicates that Jmmanuel's teachings derived in large part from what he had been taught by the Pleiadeans during the well known 40 days and nights. Also, all the various bits of evidence that point to Jesus having lived in Syria for a while after the crucifixion, and then having traveled eastward through Pakistan to Kashmir, India—and having died there many decades later—can be examined in a new light. Interested readers are invited to explore this story of what lies behind the *New Testament* and form their own opinions as to its reasonableness and genuineness. Contains copious chapter notes, index and bibliography.

E.T. 101

The Cosmic Instruction Manual for Planetary Evolution, An Emergency Remedial Earth Edition

Co-Created by Mission Control and Zoev Jho

\$14.00. 126 pp. cloth. ISBN 0062512676. HarperCollins



First published in paperback with the author's name appearing as "Diana Luppi," in this new hardback edition, Mission Control admits to changing the author herself. The name change to Zoev Jho

reflects this. This manual is purported to be a transmission from fifth-dimensional sources, written expressively for the awakening human population. It is a technology designed to zap you. The book is for those of you who have left your galaxy for the Mission to Planet Earth without the instruction manual. Here, Mission

Control has granted you a second chance. *E.T. 101* is a how-

to-guide for becoming truly "human" in this irrational world of ours. As they say, "Now that you have yourself totally disassembled, why not take a moment to read the instructions?" Each page of the little instruction manual for living has the potential to jolt you with fresh insights and sharp wit.

"Written in an accessible, easy-to-read style, with piercing humor that somehow pats you on the head and kicks you in the butt at the same time...offers essential reminders about who we are, where we're going, and what we're doing on this ball in space."

—Dan Millman, author of *The Way of the Peaceful Warrior*.

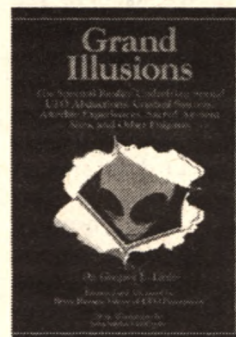
Grand Illusions

The Spectral Reality Underlying Sexual UFO Abductions, Crashed Saucers, Afterlife Experiences, Sacred Ancient Sites, and Other Enigmas

By Dr. Gregory L. Little

Foreword and Afterword by Brent Raynes, Editor of *UFO Perceptions*

\$19.95. 271pp. paper. ISBN 094082910X. White Buffalo Books



Dr. Little asserts that the answers to the enigma of UFOs and associated phenomena lie not in the visitations of extraterrestrial beings like us but that something far more profound is going on. He cautions that what is being

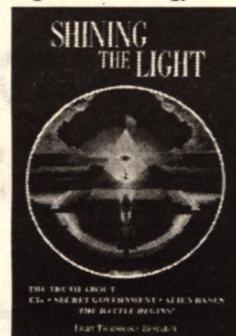
presented here will not necessarily all be pleasant reading because the underlying reality of what is really going on in ufology and paranormal manifestations is frightening. In this book, Little explains some fundamental points of human psychology, such as how our memories are shaped and reshaped, how myths are formed and created, and explores the more complex theories of psychologist Carl Jung concerning archetypes of the collective unconscious, and how these archetypal energies can manifest into temporary physical forms. We are taken on an adventure through reports of crashed saucers and alien interventions, conspiracies in government and ufology, mysterious disappearances of ships, appearances of glowing objects and apparitions, and into the world of science. Following the writings of Dr. Carl Jung and author John Keel, Little shows how all these phenomena are stemming from the electromagnetic energy spectrum. The implications of the electromagnetic spectrum manifestations are profoundly sobering.

Shining The Light

The truth about ETs—Secret Government—Alien Bases

By Light Technology research

\$12.95. 193 pp. paper. ISBN 0929385667. Light Technology Publishing.



In this book we are invited to read the latest adventure in consciousness, to join in the investigations, to ask the questions and think the unthinkable. This book documents flying craft, both Earth and off-Earth, and the

workings of the shadow government and their ET allies through pictures, descriptions of peoples' experiences and information from channeled entities. It "Shines the Light" on what is really going on, here and now, as well as there and then. The sources for this book are Zoosh channeled by Robert Shapiro, Jehovah channeled by Arthur Fanning, and Sedona UFO research (Tom Dongo).

"Become aware of the truth but don't get lost in the drama. Be the Light that you are and you will be forever free."

—from *Shining The Light*.

Man—Made UFOs, 1944-1994

50 Years of Suppression

By Renato Vesco & David Hatcher Childress

\$16.95. 398 pp. paper. ISBN 0932813232. AUP Publishers Network.



This book is required reading for students of technology suppression, UFOs, anti-gravity, free energy conspiracy and World War II. It is a comprehensive and in-depth look at the early "flying saucer technology" of Nazi Germany and the genesis of early man-made UFOs: from the captured German scientists, to escaped battalions of Germans, to secret communities in South America and Antarctica, to today's state-of-the-art "Dreamland" flying machines. Examined in detail are secret underground airfields and factories; German secret weapons; "suction" aircraft; the origin of NASA; gyroscopic stabilizers and engines; and the secret Marconi aircraft factory in South America. Chapter 12 is a summary of the claims and evidence presented in the book. Heavily illustrated.

The Rainbow Conspiracy

It will change everything you've ever thought about UFOs

By Brad Steiger and Sherry Hansen Steiger

\$4.99. 284 pp. paper. ISBN 0786000651. Pinnacle Books.



The authors pose the following questions: Have alien beings from some extraterrestrial world truly invaded our planet? Has our planet been sold out by greedy individuals who comprise secret governments and who direct top-secret military projects? Are we the victims of a colossal hoax perpetrated by members of a secret society who wish to rule the planet? The avowed purpose of this book is to explore these questions—and many more—and to seek to ascertain whether or not we must prepare ourselves for a war of the worlds that may leave us in complete servitude to alien masters. Contains sixteen pages of photos and an extensive bibliography.

Used Books

The Used Book Branch is an important part of the Bodhi Tree Bookstore. Here, you can find current books as well as out-of-print books at about half price. The selection is enormous and the stock changes daily, depending on what comes in. Many of our customers check the Used Book stock first before coming to the New Book Branch. Often, the book they were looking for (or they hadn't thought of!) is in our used stock. We think that the Used Book Branch performs a valuable service in re-cycling valuable books from the per-

son who no longer wants them to the person who does, and in providing cash to the seller and an inexpensive price to the buyer. We purchase used books from individuals and from selected book scouts. We pay cash or offer a Bodhi Tree credit for 1-1/3 times the cash amount that may be used at either the new or used book branch. We are always interested in purchasing good used metaphysical books. If there are books in your library you no longer want, please bring them in and we will give you a purchase estimate. We usually have one or more buyers on duty every day.

We do not do professional book searches but we are willing to take book requests which we attempt to fill by watching incoming stock. This watching is done as best we can but is not 100% operable. We do, however, find many books for customers.

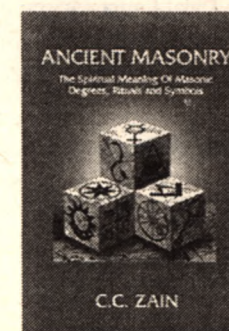
Video and Video Rental

A very fine way to find out about a particular teacher, tradition, or subject is to see a video presentation of it. This can provide instruction or entertainment—or both.

We have videos both for sale and for rent. All the videos that we sell are available as rentals. Some video rental titles are not regularly stocked to sell, but are available by special order. We stock videos on a multitude of subjects, including current teachers such as the Dalai Lama (*Heart of Tibet* (ISBN 9990154171)) and Krishnamurti (*Challenge of Change* (ISBN 9990004307)), healing art videos such as Shirley MacLaine's *Inner Workout* and *Yoga Postures for Higher Awareness* (ISBN 9990074054), inspirational movies such as *Brother Sun, Sister Moon* (ISBN 999000322X), and many others. We stock over 300 titles. A list of our videos for sale or rent is available upon request.

Our rental videos rent for \$2.00 per day per tape. There is a \$50.00 deposit per tape. The maximum number of tapes that may be rented at one time is 5. The maximum rental time is 7 days. Video rental may also be done by mail order using a credit card. The rental starts when we receive your order and ends when we get the rental back from you. We also charge you the shipping charge (UPS) to get it to you and ask you to pay the return shipping charge.

Western Traditions



Ancient Masonry

The Spiritual Meaning of Masonic Degrees, Rituals and Symbols
By C. C. Zain
\$14.95. 317 pp. paper. ISBN 0878873740.

Church of Light.

This volume is one of the 21-volume Brotherhood of Light series on the Hermetic Sciences. The Ancient Masons stressed the importance of harmony in marriage, love and domestic relations and the effect of emotional states on spiritual development. They sought to portray the

WESTERN TRADITIONS

importance of astrological knowledge and the fact that life continues beyond the tomb. In this book, the rituals and symbols of Ancient Masonry are revealed. For the modern reader or Freemason this is an unprecedented work enabling him or her to perceive the esoteric and spiritual significance of the symbols and all things done in the lodge. The astrological significance of the symbols and their relationship to sound development are thoroughly discussed. Contains study questions for each chapter and an index.

By Oak, Ash, & Thorn

Modern Celtic Shamanism

By D. J. Conway

\$12.95. 296 pp. paper. ISBN 156718166X.

Llewellyn



By Oak, Ash, & Thorn presents a modern system of Celtic shamanism, inspired by old writings that suggest that the Druidic order was not the sole system of Celtic religious practice. The book focuses on the European

tradition of shamanism. In the old ways of learning shamanism, an initiate was often put through grueling trials of deprivation and mutilation. Celtic shamanism for today is different. The book outlines a gentle approach to learning shamanism. Beginning with meditation, the initiate learns to empower him or herself for the journey ahead. Exercises are then presented to take the steps to enter the three Otherworlds: the Upperworld, the Underworld, and the Middleworld. The Otherworlds are what makes a shaman different from any other spiritual healer, for the work of a shaman is primarily performed in dimensions other than the physical one humans generally acknowledge. Once the aspiring shaman can journey through the Otherworlds, he or she is ready to use the tools of magic and divination, and finally to practice shape-shifting. The journey to becoming a shaman is a long one. This book takes you through the journey so that your own dedication, self-discipline, patience and reflection on what has been learned forms a changed self within you. The appendix at the back of the book contains a glossary, an ancient Celtic Calendar and a useful bibliography.

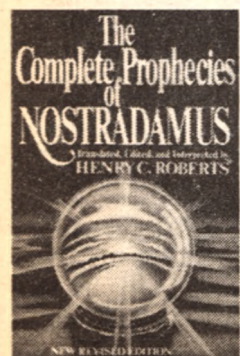
The Complete Prophecies of Nostradamus

Updated by Robert Lawrence

Translated, Edited, and Interpreted by Henry C. Roberts

\$20.00. 384 pp. cloth. ISBN 0517590921.

Crown



Newly updated to emphasize its relevance to recent events as well as the coming turn of the millennium, this edition of *The Complete Prophecies of Nostradamus*—which includes all the prescient verses of the 16th-century seer, testifies to the renewed interest

in his work. Henry C. Roberts was among the greatest of all Nostradamus scholars. The revised edition, prepared after Robert's death by his daughter, Lee Amsterdam, appeared in 1983 and has since sold nearly 200,000 copies. Now Lee Amsterdam's son continues the family tradition. He has actually reinterpreted many of Nostradamus's prophecies, particularly those that apply to contemporary events. These include the reunification of Germany, the breakup of the Soviet Union, famine in east Africa, and a major attack on New York City.

The Eternal Drama

The Inner Meaning of Greek Mythology

By Edward F. Edinger

\$14.00. 210 pp. paper. ISBN 0877739897.

Shambhala

Do the gods and goddesses of ancient Greece say anything to us that we haven't already heard? To find out, eminent Jungian analyst Edward F. Edinger follows



myths, oracles and legends of the traditional Greek religion and discovers exactly what they still reveal—as they represent one of the religious and mythic foundations of Western culture. As we grow in our capacity to listen, we learn that the myths express the inner energies within all of us as much as ever. Heracles is eternally performing his labors, Perseus is still confronting the Medusa, Theseus is forever stalking the Minotaur, and Persephone

the mythic images into their persistent manifestations in literature and our modern lives and finds that the gods do indeed continue to speak to us. Based on a series of his lectures, he revisits all the major figures,

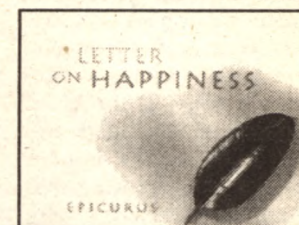
is still being carried off to life in an amazing new realm. Edward F. Edinger is a founding member of the C. G. Jung Institute in New York City and the author of numerous books.

Letter on Happiness

Epicurus to Menoeceus

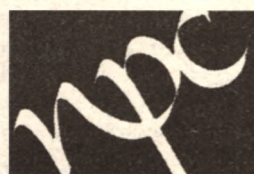
By Epicurus. Translated by Robin Waterfield

\$6.95. 80 pp. 3 1/2 x 4 1/2 inches. cloth. ISBN 0811808297. Chronicle Books



Dispelling the common misconception of Epicurus as a hedonist, *Letter on Happiness* is

a delightful guide to increasing pleasure through intelligence, morality, and decency. It is one of the few extant works



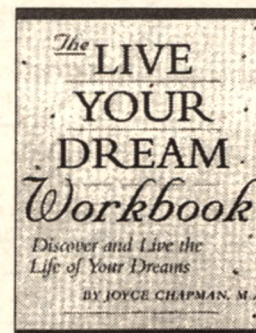
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This exciting book gives you a strategic, time-testing sequence of exercises so you can successfully recognize your dream, overcome inner obstacles, and make your dream a reality.

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\$14.95 Joyce Chapman, M.A.



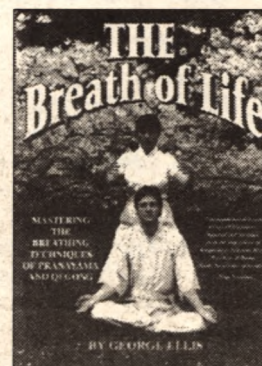
By journaling through this workbook, you'll learn how to tangibly apply the exercises in *Live Your Dream* to your life for greater self-realization, harmony, and growth.

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The Haindl Tarot is the most comprehensive Tarot ever: a contemporary deck which illustrates traditional archetypes and modern symbols. The cards interweave themes of ecology, shamanism, mythology, and the goddess.

ISBN: 0-87877-155-7 Vol. I Major
ISBN: 0-87877-156-5 Vol. II Minor
\$9.95 each. Rachel Pollack



The Breath of Life explores over 20 Hatha Yoga postures, 20 Qi Gong techniques, and 12 Pranayama exercise programs. And with a special section that recommends breathing techniques to alleviate a variety of health problems from asthma to insomnia, even those with specific maladies can reap the benefits of these ancient breathing methods.

ISBN: 0-87877-183-2
\$12.95. George Ellis



The Pathway of Roses provides just the right combination of inspiration and heart-pondering sentiment to speak to the heart of almost anyone seeking the meaning of the life as it relates to the spiritual realm.

ISBN: 0-87877-187-5
\$9.95. Christian D. Larson



The object of *The Connolly Tarot* two-volume set is to offer not only a spiritual teaching of the Sacred Tarot, but a concise reference for anyone interested in investigating and interpreting the fascinating symbology of the Tarot in relation to the Cabalah, astrology, and the esoteric science of numerology.

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ISBN: 0-87877-124-7 Vol. II
\$14.95 each. Eileen Connolly

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KEN WILBER & WOMEN

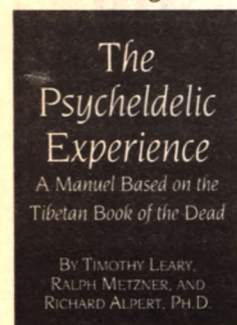
by the Greek philosopher Epicurus. Epicurus studied at the Academy in Athens, the school founded by Plato. Like Plato and Socrates, contemplation of the highest good is central to his teachings. For Epicurus the highest good is happiness. According to Epicurus, "Steady observation of our various desires enables us to guide our decisions about what to do and what not to do so that on each occasion we enhance our physical welfare and keep our minds free of disquiet—and this is the objective which is proper to a life of happiness." *Letter on Happiness* elucidates such universal subjects as life, death, and pleasure. This pocket-sized treasure containing both the Greek and English texts has sold over one million copies in less than a year, proving that ancient philosophy has never been more relevant.

The Psychedelic Experience

A Manual Based on the Tibetan Book of the Dead

By Timothy Leary, Ralph Metzner, and Richard Alpert, Ph.D.

\$9.95. 160 pp. paper. ISBN 0806516526. Cital Underground.



This is the new Citadel Underground edition of a classic book by the famous trio of Leary, Metzner, and Alpert. Here is the chronicle of their experimentation with mind-expanding drugs. As they say in the introduction, "A psychedelic experience is a journey to new realms of consciousness. The scope and content of the experience is limitless, but its characteristic features are the transcendence of verbal concepts, of space-time dimensions, and of the ego or identity. Such experiences of enlarged consciousness can occur in a variety of ways: sensory deprivation, yoga exercises, disciplined meditation, religious and aesthetic ecstasies, or spontaneity. Most recently they have become available to anyone through the ingestion of psychedelic drugs...." They discuss the importance of mental and spiritual preparation for a psychedelic session. The great literature of spiritual classics lends itself well to this use. The last section of the manual provides instruction for an actual psychedelic session, under adequate safeguards.

Singing the Soul Back Home

Shamanism in Daily Life

By Caitlin Matthews

\$14.95. paper. ISBN 1852306165. Element Books



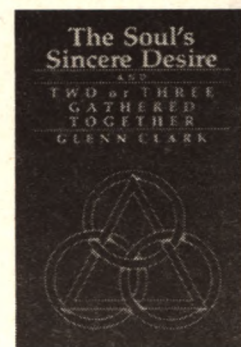
This interesting book explains shamanism in a manner that makes it accessible to readers from all cultures and religious backgrounds. Easy-to-follow exercises help readers rediscover the shaman within and learn to live in harmony with all of creation. Included are techniques for

using shamanic principles to heal physical ailments, enhance creativity, make friends with the spirits, travel safely between the worlds, and develop "shamanic sight."

The Soul's Sincere Desire and Two or Three Gathered Together

By Glenn Clark

\$9.95. 204 pp. paper. ISBN 0910924937. Macalester Park Publishing Co.



Glenn Clark, author of more than fifty books, was one of the most widely published authors on the life of prayer in this century. His complete and total faith in prayer and in the power of God to work in every part of our lives has been and continues to be a source of inspiration for all of us. Here we have two books in one. *The Soul's Sincere Desire*, first published in 1924, is the personal record of a man who has learned to pray as naturally as to breathe and whose every prayer is answered. This book shows the miraculous force of prayer in Clark's life and exemplifies a technique of prayer that can give practical aid and comfort to many people. *Two or Three Gathered Together* is for all who seek to make prayer more real and vital. It is a thought-provoking book on the effectiveness of spontaneous prayer.

"By uniting in a common effort to give allegiance to the spiritual conception of the universe, and make the will of God prevail, we shall ultimately recreate civilization and bring nations to rebirth."—Glenn Clark

Ken Wilber

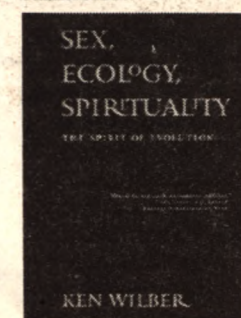
Ken Wilber is the author of over a dozen books, including *Atman Project*, *Grace and Grit*, *Holographic Paradigm and Other Paradoxes*, *No Boundary*, *Quantum Questions*, *The Spectrum of Consciousness*, *Transformations of Consciousness*, and *Up from Eden*. He is one of the great systemic thinkers of our time, and is often mentioned with such authorities as Aristotle, Nietzsche, Aurobindo, and Hegel. His new book, *Sex, Ecology, Spirituality*, expresses a vast vision for humanity now and in the new millennium. He lives in Boulder, Colorado.

Sex, Ecology, Spirituality

The Spirit of Evolution

By Ken Wilber

\$40.00. 831 pp. cloth. ISBN 1570620725. Shambhala



This is an extraordinary book which brings together humanity's attempts to understand itself and the nature of the universe. (Note: When you're dealing with Ken Wilber, a statement like this is not just an inflated cliché.) Wilber begins with the observation that it is quite strange that anything exists at all: "There was nothing, then a Big Bang, then here

we all are." Why is that? Many modern schools of thought seek to reduce the universe to an accidental or random occurrence, so their answer is, in Wilber's words, "Don't ask." But there is another possibility, that there is some pattern or intelligence behind existence: namely the Tao, God, Archetypal forms, Reason, Brahman, etc. This book is about this possible Deeper Order. Wilber explores our understanding of existence in three realms: The physical cosmos as it is understood by physics, biology and ecology; the realm of mind, psyche or consciousness; and the world of theos, or the divine. As he has done in his books on transpersonal consciousness, Wilber demonstrates how apparently conflicting theories are not right or wrong, but rather partial; each represents a particular stage of evolution. His exploration covers much of the world's intellectual history, up to and including the issues that shape our time: the ecological crisis; feminism; the nature of liberation in relation to sex, race and creed; techno-economic development; and the place of the wisdom traditions in the modern world. This ground-breaking study reveals Wilber's wide learning and includes 200 pages of notes where he discusses his sources in depth. There is also a visionary quality to his writing as he speaks of mystical states of consciousness and seeks to demonstrate both their validity and his belief that they may represent the next phase of human evolution. Wilber has done a remarkable job of integrating science, psychology, philosophy, religion and mysticism to show how we have arrived at the understanding of our place in the universe—and where we may be headed.

"An incredibly stunning, intellectual tour de force. Ken Wilber is an absolute genius."

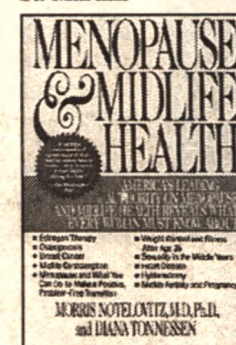
—Dana Alan La Fontaine,
Former Editor, *Bodhi Tree Quarterly*.

Women

Menopause and Midlife Health

By Morris Notelovitz, M.D., Ph.D., and Diana Tonnessen

\$15.95. 512 pp. paper. ISBN 0312113145. St. Martin's



The hormonal changes of menopause affect nearly every tissue in the female body, causing symptoms that range from PMS in a woman's thirties and forties to such life-threatening illnesses as heart disease and osteoporosis in later years. *Menopause and Midlife Health* explains these vast physiological changes, and tells women what they need to know in order to maintain good health through the prime of life. Morris Notelovitz is a longtime researcher into the area of menopausal health and here provides information on all the issues concerned with menopause, including diets for long-term health, supplements which prevent osteoporosis, preventative measures against breast cancer and heart disease, managing hot flashes, the safe use of estrogen and hormonal therapy, and a healthy sex life in the mid-

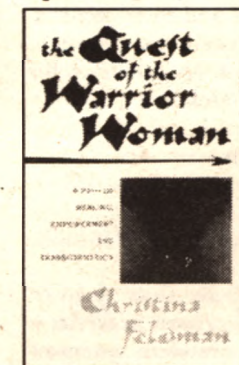
dle years and beyond. His book is a comprehensive encyclopedia of healthcare, but it is also quite readable.

The Quest for the Warrior Woman

Women as Mystics, Healers and Guides

By Christina Feldman

\$13.00. 239 pp. paper. ISBN 1855383233. Aquarian

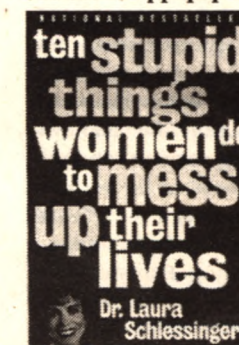


Women are not newcomers to the warrior tradition; it is our heritage. The goddesses depicted in Buddhism, Hinduism and pre-Christian religion reveal to us a picture of warrior women who held the power to create, to preserve and destroy. Yet this book is not about women of the past, but women of the present, because contemporary women have banished forever the dark models, structures and conventions which previously condemned them to invisibility and shadows. The warrior woman has a calling and her journey is about the destruction of ignorance, the healing of schisms and the realization of freedom. And so this book is for women, whether they are searching for a catalyst to open up the path before them, or for a way to move on in their personal quest for authenticity. Now is the time to fully embrace the choices and possibilities open to them.

ten stupid things women do to mess up their lives

By Dr. Laura Schlessinger

\$10.00. 232 pp. paper. HarperPerennial



Well, here they are: 1. You typically look to the context of a man to find and define yourself. 2. Desperate for a man, you become a beggar, not a chooser, in the dating ritual. 3. You suffer and succor in vain. 4. You have sex too soon, too romantically, and you get yourself burned. 5. You move in with him because you hope he'll want you. 6. You use marriage as a quick fix for low self esteem. 7. You use babies as a jump start for love and commitment. 8. You let yourself be held hostage for your obsessive need for security. 9. You turn your rage into helplessness. 10. You don't know how to avoid or break off a no-win relationship. Ring any bells? Then read on. If you're looking for an all approving hand to hold, you won't find it here. But if you want to change your self-diminishing behavior and move to a quality existence, then there's no one better than Dr. Laura to keep you honest and cheer you on.



WORK & WRITING

WOMEN'S BODIES, WOMEN'S WISDOM

Women's Bodies, Women's Wisdom
Creating Physical and Emotional Health and Healing
By Christiane Northrup
\$12.95. paper.
ISBN 0553374664.
Bantam

\$22.95. cloth. ISBN 0553081209. Bantam
And the companion audio cassette from Sounds True Audio,
Creating Health
By Christine Northrup
\$49.95. 5 cassettes, 7 hrs.
ISBN 1-564-55244-6

A woman's health problem is the language through which her body speaks to her about the deeper issues affecting her life. *Women's Bodies, Women's Wisdom* explores all these issues, and teaches women how they can change their lives for the better by paying attention to the

NEW IN PAPERBACK

messages their body is giving them. As a trained gynecologist, Dr. Northrup's voice is unique because she adds a political slant to the medical perspective and includes an astute mind/body twist. Her treatment approach is based on the Eastern energy system of chakras, in which each chakra is related to a separate body system and emotional issue. In this way she makes the connection between a woman's spiritual condition and her medical complaints. She suggests that healing only occurs when we acknowledge our frustrations, disappointments, hopes and desires, and investigate how they have affected our lives. Dr. Northrup does not exclude conventional medical solutions, but she encourages a long term, holistic approach to women's health care.

Work

Money and Spirit

Creating a New Consciousness in Making and Managing Your Money
By Frederick S. Brown
\$12.95. 236 pp. paper. ISBN 0876043317.
A.R.E. Press



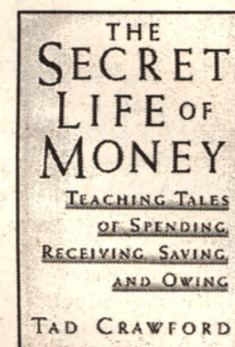
According to Frederick S. Brown, the most effective way to change our negative attitudes about money is to examine our fears and finances in light of our higher purpose. When we see how past anxieties sabotage

these purposes and how our highest pattern of behavior, coupled with financial facts can guide us to right decision making, we are more than willing to take charge of our money. This book contains what we need to know and do to get our financial life in good order. It shows why it is essential that we all understand the role of money in our hearts and minds, not only as an economic necessity, but as an inescapable factor in the search for spiritual development. Brown uses case

experiences and provides exercises to help us eliminate fears about money, utilize cash management, adopt a spiritual approach for dealing with business people, and connect all our financial decision making to love. Frederick S. Brown is a graduate of Yale and a personal financial consultant.

The Secret Life Of Money

Teaching Tales of Spending, Receiving, Saving and Owning
By Tad Crawford
\$24.95. 287 pp. cloth. ISBN 0874777860.
Putnam

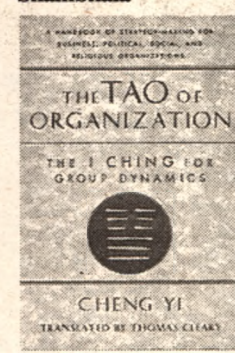


Our habits, symbols, and rituals surrounding money are so familiar to us that we rarely stop to question them. However, this gives money a "secret life" and the power to preoccupy our minds. Whether

we desperately need more riches or worry about what to do with our wealth, we can free ourselves from this cultural obsession only by learning where money's deeper value lies in the world and our psyches. Taylor Crawford delves into ancient tales and modern events, from King Midas to the birth of the credit card and lifts the veil surrounding money. He uncovers the source of our firmly rooted and unexamined assumptions about money by laying bare its history, mythology, and psychology. He also shows how dispelling illusions about what money does and what it offers will not only free our minds, but guide us toward lasting values. Since so many human transactions are based on the exchange of currency, understanding our relationship to money can clarify our connection to other people and to our communities. This book is a fascinating, entertaining journey, useful in interpreting how money talks and what it has to say.

The Tao Of Organization

The I Ching For Group Dynamics
By Cheng Yi Translated by Thomas Cleary
\$13.00. 234 pp. paper. ISBN 1570620865.
Shambhala



This book deals with the *I Ching* from a social-psychological point of view and analyzes relationships and power configurations within groups, focusing on the relationship between interpersonal and intrapersonal

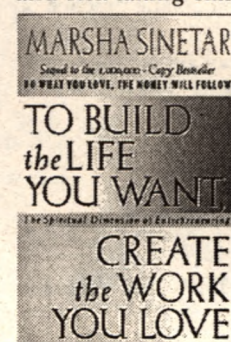
forces. *The Tao of Organization* uses the *I Ching* as an aid to understanding how the intricacies of these group dynamics work. The basic text of the book is supported with a commentary by the eleventh-century scholar Cheng Yi, founder of the movement known as *Lixue*, the "study of inner design." Cheng contends that by understanding the pattern of events—the inner design of nature—one can bring about mutual understanding and cooperation among people in groups, thus facilitating

the accomplishment of any tasks they might undertake. The introduction includes specific, systematic guidelines for consulting the *I Ching* for the greatest understanding and best results. The afterword gives a profile of the modern Japanese organizational genius Matsushita Konosuke, founder of Panasonic and other multinational corporations, whose success has been built on the principles of the *I Ching*. *The Tao of Organization* is useful as a handbook of strategy-making for business, political, social, and religious organizations.

To Build the Life You Want, Create the Work You Love

The Spiritual Dimension of Entrepreneurship
By Marsha Sinetar
\$18.95. 209 pp. cloth. ISBN 0312119054.
St. Martin's Press

This book is for all who want to create their best vocational options but do not know how to make the transition into work they prefer. It is also for the growing number of displaced workers and retirees who wish to use today's opportunities to make their mark and contribute to the world. In this sequel to her bestselling book, *Do What You Love, The Money Will Follow*, Marsha Sinetar reveals how you can earn an income doing what you do best, while serving others, and fulfilling the highest standards of your vocation. She shows why innovation and authentic focus are a must for creating your own work. You will need both problem-solving and risk-taking skills to bring about a



change in your vocation. She warns that without a strategy, you remain vulnerable to marketplace shifts and your own oversights. But strategies devise compensating moves for shortcomings and the unexpected.

Sinetar concludes by pointing out that you can use work to develop your fullest humanity. The book is filled with inspirational examples of successful entrepreneurs who have achieved inner fulfillment and financial stability by creating their own employment. Her book urges us all to cultivate our own unique gifts in order to make work fulfilling, sustaining and humane.

Work with Passion

How To Do What You Love For A Living
By Nancy Anderson
\$12.95. 310 pp. ISBN 1880032546. New World Library



Change begins with the desire for change—a new job, more fulfilling work, or perhaps your own business. This book will inspire you to take chances, make choices, and recognize opportunities to discover the work that you love. Nancy Anderson asserts that you are most successful when you are connected emotionally to your

daily tasks, and to the people you serve. This means you must work at something that fulfills your soul's yearning. The focus of this book is on "how-to-do" instead of just "how-to." Anderson presents a step-by-step program to help you build up the courage to find work that is fulfilling and offers ways to make the changes necessary to do it. She outlines ten "Passion Secrets" of powerful people—clarifying goals, trusting instincts, and cultivating people whose passion matches your own are a few of them. The book offers practical tips on networking, developing a resume, and writing a query letter. It also includes many personal success stories. *How To Do What You Love For A Living* will help you to live a life that works: A life that fulfills the soul.

"The world will never be happy until all men have the souls of artists—I mean when they take pleasure in their jobs."—Auguste Rodin

Writing

Bird by Bird

Some Instructions on Writing and Life
By Anne Lamott
\$21.00. 237 pp. cloth. ISBN 0679435204.
Pantheon

In her introduction Anne Lamott warns people who hope to get published that being published is not all that it's cracked up to be. But writing is. "Writing has so much hope to give, so much to teach, so many surprises. That thing you had to force yourself to do—the actual writing—turns out to be the best part. It's like discovering that while you thought you needed the tea ceremony for the caffeine, what you really needed was the tea ceremony. The act of writing turns out to be its own reward." With this

in mind, she offers a step-by-step guide on how to write and on how to manage the writer's life, from "Getting Started," to "Shitty First Drafts," to "Writing Groups," and "Publications." Lamott is the author

of *Operating Instructions*, a hilarious chronicle of her son's first year of life. To those poor souls tortured and impassioned by the printed word, her new book will make you giggle, and feel good about it all.

Surviving A Writer's Life

By Suzanne Lipsett
\$10.00. 220 pp. paper. ISBN 0062506587.
HarperSanFrancisco



Part memoir and part advice (and encouragement) to aspiring writers, *Surviving A Writer's Life* is Suzanne Lipsett's tribute to a deliciously bitter-sweet affair with words. She is the author of three novels, including *Remember Me*, which was nominated for a PEN West Award. Although

YOGA & ZEN BUDDHISM

much of her life has been centered on books, she only realized that she was a writer herself after a long time of reading and editing other people's creations. She also had a frightening bout with breast cancer during the eighties, which crisis turned out to be fuel for her art. Without being morbid, her book is a charming response to the question "Why write?" It's not meant to be an autobiography, but rather an account of how—and why—the first impulses to self-expression can gain force to become a life's work.

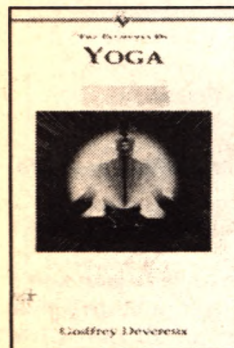
Yoga

The Elements of Yoga

By Godfrey Devereux

\$9.95. 134 pp. paper. ISBN 1852305703.

Element



The methods of yoga are many, but their purpose, which is to generate a quietening and refining of the body and mind, is all the same. Yoga penetrates the subtleties of mind and matter, and liberates the individual from unnecessary pain and confusion.

Whoever begins yoga (and anyone can do it) will soon experience suppleness, strength, energy, good posture, improved respiration, circulation and digestion, bright and clear eyes, smooth and shining skin, even muscle tone, normalized body weight, perceptual and verbal clarity, concentration, tranquillity, self-confidence, openness, honesty, and an improved mood. The pay-offs are bounteous, but as its origins, philosophy and variety of disciplines are so complex, this book is a much needed introduction to doing it well. So besides the history, theory, forms and practices, Devereux also includes an illustrated exercise section to get you started on the right track.

Yoga for Bears

A Little Primer on the Unbearable Rightness of Bending

By Rosamond Richardson and James Ward

\$12.00. 84 pp. cloth. ISBN 0062511823.

HarperSanFrancisco



In fifty line drawings, a plucky but bumbling beginner bear attempts to reproduce the different yoga positions demonstrated (correctly) by his serene and graceful teacher—often getting his paws in a tangle along the way. This book is cute enough, but it's also practical, explaining in simple terms each of the positions and how they benefit. The practice of yoga has the effect of not only calming the mind and centering the soul, it makes the body feel really good too. Even the most graceless of bears can become stronger, more supple, more co-ordinated and also feel healthy, and radiant. To practice yoga is to enjoy yourself, stretch your body pleasantly, calm your mind and resume your

everyday life with a sense of well-being. It's not only "bearable" but physically and spiritually rewarding. And this whimsical treasure is a great introduction.

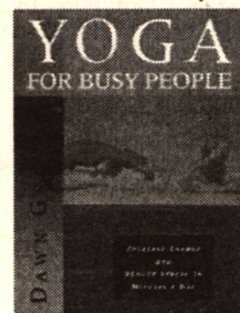
Yoga for Busy People

Increase Energy and Reduce Stress in Minutes a Day

By Dawn Groves

\$10.95. 158 pp. paper. ISBN 1880032473.

New World Library



Yoga for Busy People addresses the issues that modern people often contend with—little time, little physical flexibility, and a crowded mind. Dawn Groves offers a logical order of progressive exercises, leaving enough room for variety, but not straying far from the ultimate goal—which is maximum value cut

from a minimal amount of time. She contends that a schedule full of activity can actually be helpful because it cultivates characteristics necessary to the development of a vital yoga practice.

Based on the popular Iyengar style, her book focuses on precision and accuracy. It gleans the most value from every movement in every posture. It takes the complex and sometimes enigmatic practice of yoga and breaks it down into three simple steps—all of which can be completed in the time it takes to have a coffee break. Groves is also author of *Meditation for Busy People*.

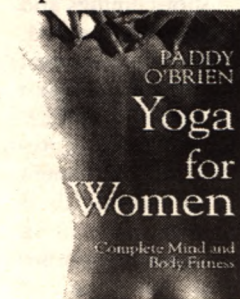
Yoga For Women

Complete Mind and Body Fitness

By Paddy O'Brien

\$14.00. 96 pp. paper. ISBN 1855384264.

Aquarian



This book is a source for and an introduction to yoga for women young and old, fit and unfit, beginners and experienced practitioners alike. We inhabit our beautiful women's bod-

ies in a sexist culture in a polluted and violent world, and the pressures of society force us to be strong, but usually in a stressful, tense way. In the practice of yoga there is a chance to find a gentler strength with which to flow with our lives. Paddy O'Brien begins with an (illustrated) explanation of a basic series of yoga postures, which women can use as the core of their practice. Then she follows with a look at particular physical events and processes, and the life events we may pass through as women, suggesting postures which may be useful at those times. Her book is accessible and pleasant to browse through, but it should mobilize us into action, too.



Zen Buddhism

Beyond Sanity and Madness

The Way of Zen Master Dogen

By Dennis Genpo Merzel

\$14.95. 276 pp. paper. ISBN 0804830355.

Tuttle

Many readers have become acquainted with the Soto School of Zen through Shunryu Suzuki's book, *Zen Mind, Beginner's Mind*. The Soto School in Japan was founded by the great Zen Master Dogen (1200-1253), who is known for his unique and brilliant expression of the enlightened vision. Dennis Genpo Merzel is an American successor of Taizan Maezumi Roshi of the Zen Center of Los Angeles.

Drawing on three works by Zen Master Dogen, Merzel invites the reader to experience authentic meditation—the practice of "just sitting"—in which no separation remains between oneself and the entire universe. He also discusses the use of the Zen koan for experiencing and clarifying this state. Through these practices, one can enter the realm of enlightenment that transcends ordinary thinking and manifests as complete freedom. Society teaches us to find security in our possessions or status, but those who take the step "beyond sanity and madness" will abandon these concerns and discover the real treasure of life in each moment. This is a very challenging book that urges us to give up what we think we need and discover who we really are. In Merzel's words, "... it is impossible to measure the self. There is no beginning and no end to it; it is unborn and undying."

Instant Zen

A Do-It-Yourself Guide To Awareness and Discovery

By Jim McMullan and Michael Levin

\$8.95. 105 pp. paper. ISBN 0804830169.

Tuttle.



What we have here is a "random Zen thought generator." There are about 100

pages spiral bound, and each half page contains a two line Zen thought. You can combine them in any combination to form spontaneous four line Zen thoughts that have a similar quality to consulting the *I Ching* or Runes. This little do-it-yourself guide is not meant to give definitive answers, for there are none. It is the author's hope that the wisdom in these pages will open your mind and allow you to see deep within to that place where your own small voice of truth abides. They draw upon the words of Baba Ram Dass, Lao Tzu, Sangharakshita, and Thomas Merton, among many other sources.

The Harder You Try

The Less You Know

The Way Is Not A Matter

Of Knowing Or Not Knowing.

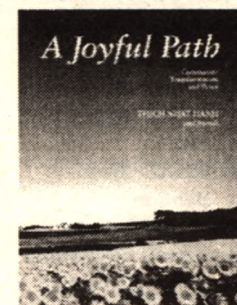
A Joyful Path

Community, Transformation and Peace

By Thich Nhat Hanh and friends

\$25.00. 122 pages. paper.

ISBN 0938077767. Parallax



The Vietnamese Zen Buddhist monk Thich Nhat Hanh has become widely known for his work as a spiritual teacher, peace activist and poet. This anthology tells the story of Plum Village, the spiritual community established by Thich Nhat Hanh in France. Through Thich Nhat Hanh's own words and the accounts of residents and visitors, we learn of a community where the practice of awareness is brought into every aspect of daily life. There are also stories of workshops for Vietnam veterans and ecologists, where the practice of meditation provides a foundation for resolving the difficult and painful issues of our time. Thich Nhat Hanh has met many Western students and displays a keen awareness of their problems and concerns; but he insists that while learning to meditate, they must also appreciate their roots in their families and cultural traditions. He also is especially concerned with making a place for children within the life of his spiritual community. This gentle way of teaching says that joy is to be discovered in each moment of life; the accounts of Plum Village show how his teaching becomes a reality that encourages healing and conflict resolution. The book is illustrated with many photographs. As Thomas Merton wrote, Thich Nhat Hanh "has shown us that Zen is not an esoteric or world denying cult of inner illumination, but that it has its rare and unique sense of responsibility in the modern world."

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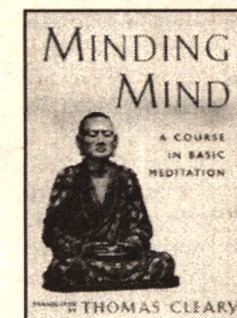
Minding Mind

A Course in Basic Meditation

Translated by Thomas Cleary

\$10.00. 129 pp. paper. ISBN 1570620040.

Shambhala



There are many reasons for practicing meditation, such as improving one's health and sense of well-being. This book focuses on the highest levels of meditation, which lead to an experience of "being as

is." The texts are chosen to help modern students understand meditation correctly, since without this understanding one is likely to have problems. There are teachings from the Zen Masters of China, Japan and Korea. They may date from as early as the 7th century. The best known include Master Dogen of Japan and

EDITOR'S CHOICE

Master Chinul of Korea. The teachings contain both specific instructions for practicing Zen meditation and explanations of the understanding of life on which these methods are based. Ordinarily, we are caught up in the endless activity of our own minds. Zen teaches that as the mind becomes still, we can

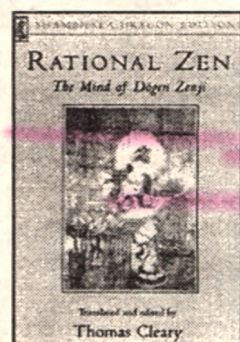
ZEN BUDDHISM

experience the nature of the mind itself, which comes as a revelation. "Just know your own mind and you will grasp countless teachings and infinite subtle meanings without even seeking," writes Master Chinul. "The essence of mind has no defilement; it is originally complete and perfect of itself." Although much has been written about Zen and meditation during the last few decades, there is not much to rival the remarkable clarity, simplicity and conviction of these teachings from past centuries. Even though our modern lives are filled with distractions, the Zen Masters' words show us that we can discover ultimate fulfillment. "It does not matter whether you have a lot of work to do or are at leisure. Those who make the great promise and undertake the great commitment, who are full of great faith and arouse the Great Wonder, do not fail to perceive essential nature."—Master Man-An. If you ever wake up at 3 A.M. and wonder what it all means, this is a guide to finding the answer within yourself.

Rational Zen

The Mind of Dogen Zenji

By Dogen, translated by Thomas Cleary
\$14.00. 232 pp. paper. ISBN 0877739730. Shambhala



Translator Thomas Cleary calls the 13th century Zen Master Dogen Zenji "the greatest thinker in Japanese history." However, it is only recently that his writings have become known in the West. This book contains

selections from Dogen's two masterpieces, the *Shobogenzo* (*Treasury of Eyes of True Teaching*) and the *Eihei Koroku* (*Universal Book of Eternal Peace*). The *Shobogenzo* in particular is one of the world's religious masterpieces, known for its literary qualities and depth of insight. Dogen's writings are extremely difficult to translate since, as

NEW IN PAPERBACK

Cleary states, "There is so much meaning in Dogen's every turn of phrase." So, Cleary includes commentary on each passage of the text, explaining its meaning and drawing parallels with other Zen teachings and the Buddhist tradition. He also provides an introduction that explains Zen teaching methods and the religious context of Dogen's era. Cleary closely follows the original in his translations, "in order to enable the reader to accompany the mind of the Zen Master as it soars through the skies of enlightenment." Taizan Maezumi Roshi, Abbot of the Zen Center of Los Angeles, calls this a "vivid and fresh translation" that "succeeds in creating an atmosphere that awakens the essence of Dogen Zenji's teachings for American Zen students." Dogen's use of language is a unique expression of living religious insight, now revealed for English-speaking readers by Cleary's translation.

Zen Essence

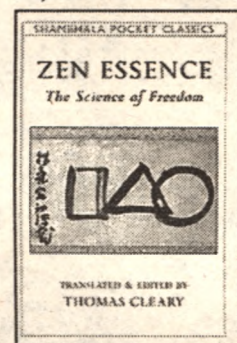
The Science of Freedom

Translated by Thomas Cleary

\$6.00. 162 pp. 3"x 4" paper. ISBN 1570620970. Shambhala

"Zen enlightenment is as if you have

been away from home for many years, when you suddenly see your father in town. You know him right away, without a doubt. There is no need to ask anyone else whether he is your father."—Master Foyan. These classic Zen texts are not



manuals of doctrine; but were written to point the way to an experience of awakening. With this experience one discovers, in one Master's words, "the realm of sacred knowledge found in oneself." This

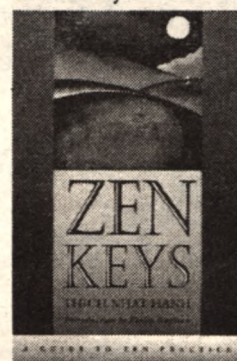
anthology (now in a pocket edition) contains the writings of the great Zen Masters of ancient China, dating from the eighth to the fourteenth centuries. Their message, however, is timeless. "Human lives go along with circumstances. It is not necessary to reject activity and seek quiet; just make yourself inwardly empty while outwardly harmonious. Then you will be at peace in the midst of frenetic activity in the world."—Zen Master Yuanwu. "... Just don't seek externally. The pure light in a moment of awareness in your mind is the essence within you."—Zen Master Linji.

Zen Keys

A Guide to Zen Practice

By Thich Nhat Hanh

\$11.00. 198 pp. paper. ISBN 0385475616. Doubleday



This is the completely revised edition of a book first published in 1974. It is an ideal introduction to Zen Buddhism, explaining the basic principles and special methods of Zen, its roots in the teachings of Buddhism

and its place in the modern world. Thich Nhat Hanh says, "The aim of Zen Buddhism is a clear vision of reality, seeing things as they are." As one reaches this aim, "A new vision that produces deep peace, great tranquillity, and a spiritual strength characterized by the absence of fear is born." Mindfulness in daily life and concentration in sitting meditation brings this deep transformation; Zen teaching insists that we understand reality through our own direct experience instead of through concepts, which are not facts. Zen's special method is the kung-an (or koan) such as the well known "sound of one hand." Thich Nhat Hanh explains how the kung-an is an instrument of awakening rather than an enigma to resolve; its purpose is to "bring us to the heart of living reality." The book includes forty-three kung-ans from the author's Vietnamese Zen tradition. He also spells out the state of the modern world, where humanity is trapped on a treadmill of producing and consuming in a state of "spiritual bankruptcy." He then calls for a simpler, healthier way of life, based on awakening rather than dogma. This is an excellent guide to the teaching of Zen and its benefits for the contemporary world, both East and West.

Krishnamurti

(continued from page 6)

Question: How can we best help humanity to understand and live your teachings? (pg 106)

Krishnamurti: "It is very simple: by living them yourself. What is it that I am teaching? I am not giving you a new system, or a new set of beliefs; but I say, look to the cause that has created this exploitation, lack of love, fear, continual wars, hatred, class distinctions, division of man against man. The cause is, fundamentally, the desire on the part of each one to protect himself through acquisitiveness, through power. We all desire to help the world, but we never begin with ourselves. We want to reform the world, but the fundamental change must first take place within ourselves. So, begin to free the mind and heart from this sense of possessiveness. This demands no mere renunciation, but discernment, intelligence."—Rio de Janeiro, Brazil, April 17, 1935.

Aldous Huxley, Author, Novelist and Philosopher (pg 110): "There is a transcendent spontaneity of life, a 'creative reality,' as Krishnamurti calls it, which reveals itself as immanent only when the perceiver's mind is in a state of 'alert passivity,' of 'choiceless awareness.' Judgement and comparison commit us irrevocably to duality. Only choiceless awareness can lead to non-duality, to the reconciliation of opposites in a total understanding and a total love. 'Ama et fac quod vis'. If you love, you may do what you will. But if you start by doing what you will, or by doing what you don't will in obedience to some traditional system or notions, ideals and prohibitions, you will never love."

An Anecdote (pg 140): Someone said, "What is your teaching, Krishnamurti?" And Krishnamurti looked a little stern and said, "There is no teaching." After a few moments, he turned again and said, "It's very simple. Where you are, the other is not," and he turned away.

Question: I am full of hate. Will you please teach me how to love? (pg 175)

Krishnamurti: "No one can teach you how to love. If people could be taught to love, the world problem would be very simple, would it not? If we could learn to love from a book as we learn mathematics, this would be a marvelous world; there would be no hate, no exploitation, no wars, no division of rich and poor, and we would all be really friendly with each other. But love is not so easily come by. It is easy to hate, and hate brings people together after a fashion; it creates all kinds of fantasies, it brings about various types of co-operation, as in war. But love is much more difficult. You cannot learn how to love, but what you can do is to observe hate and put it gently aside. Don't battle against hate, don't say how terrible it is to hate people, but see hate for what it is and let it drop away; brush it aside, it is not important. What is important is not to let hate take root in your mind. Do you understand? Your mind is like rich soil, and if given sufficient time any problem that comes along takes root like a weed, and then you have the trouble of pulling it out; but if you do not give the problem sufficient root, then it has no place to grow and it will wither away. If you encourage hate, give it time to take root, to grow, to mature, it becomes an enormous problem. But if each time hate arises you let it go by, then you will find that

your mind becomes very sensitive without being sentimental; therefore it will know love."—*Think On These Things*, 1964.

Professor P. Krishna, Rector, Rajghat Education Center, Varanasi, India (pg 202): "One was not now talking to a professor or a philosopher but was actually in the presence of a seer who had seen what he wanted others to see, who said he cannot give his insight to them, that they must find it for themselves. There is no authority in the world that can give insight to you and that made me realize that I must not look to others, I must stand on my own feet and see the truth of it within myself."

Alan Kishbaugh, Author, Environmentalist, Los Angeles, California (pg 213): "Hardest of all is the recognition that seeing requires no other 'action' than seeing. There is no need to be, or act. Doing, becoming, attaining are all projections of our conditioning."

... "What will you do when I am gone?" Krishnamurti often said to those charged with the work of the foundations. In other words, "if the work is only 'mine,' and not yours, how will it live?"

Mary Lutyens, Author, London, England (pg 249): "When people asked him late in life, Why do you go on talking at your age, traveling round the world, talking, talking?", he thought for a moment and then said, quite simply, "Out of affection." "Then why don't you stay in one place and let them come to you?" "Because most of them have not got the money to travel." He had seen something very beautiful and, being so affectionate, he wanted to share it. He said, "I offer them something and if they don't want it, it doesn't matter at all. I'm not pressing them to listen to me."

Krishnamurti (pg 254): "What does it mean to die?" Put that question to yourself. While we are young, or when you are very old, this question is always there. It means to be totally free, to be totally unattached to everything that man has put together, or what you have put together—totally free. No attachments, no gods, no future, no past. See the beauty of it, the greatness of it, the extraordinary strength of it—while living to be dying. You understand what that means? While you are living, every moment you are dying, so that throughout life you are not attached to anything. That is what death means."

The last part of the book describes the last few months of Krishnamurti's life primarily through the words of his attending physician, Gary M. Deutsch, M.D. and the diary entries of Evelyne Blau. People came from all over the world to make their last visit and to say good-bye. It was a poignant time. Author Evelyne Blau ends her book on Krishnamurti with a poetic message for all of us. She writes, "Krishnamurti's work did not end with his death in 1986. It reaches out to the years ahead. Those who are willing to explore, to question, and to observe themselves will find a companion in Krishnamurti. There may be elements in this book, as recounted by witnesses to extraordinary events, that may seem incomprehensible, confounding to our linear, rational thinking. But let us not linger too long with this part of the story—it is unknowable. Let us move on: the present moment awaits."

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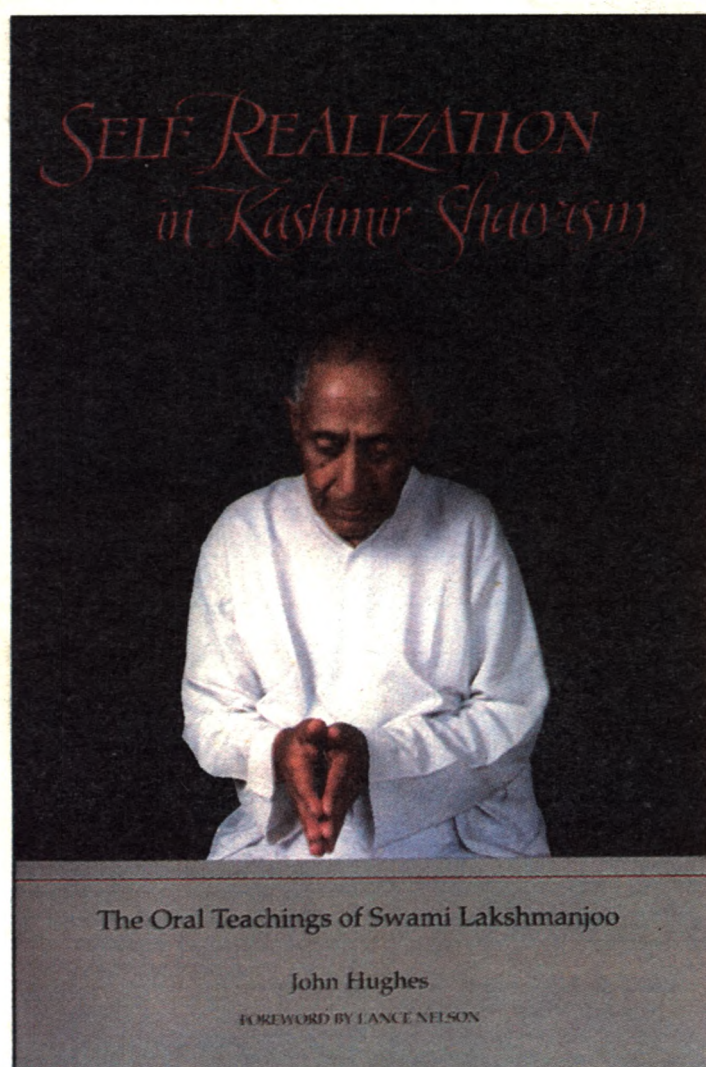
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